

# Steady & Still: Grounding Practices to Stay Present, Creating Calm

These practices are designed for moments when life feels steady—but your nervous system still needs support. Use them as daily grounding rituals to stay centered, connected, and calm.

**1. Begin with Triangle Breathing** – Choose a number that feels comfortable to you—maybe 3, 4, or 5.

- Inhale gently to the count you chose
- Hold for the same count
- Exhale slowly for that same count

Repeat this breathing pattern for 3–5 rounds. Let your shoulders drop with each cycle.

**2. Texture Walk** – On your next walk—whether through a kennel, your home, or outside—focus on textures

beneath your feet and around you.

- Name how each surface feels: gravel, grass, cement, paw pads, fur.
- Let the sensations pull your mind back into your body.

**3. Gratitude with the Senses** – Choose one sense, and name three things you're grateful for using just that one:

- 3 calming scents
- 3 colors you love
- 3 comforting sounds

**4. Micro-Movement Pause** – Set a timer for 90 seconds. Gently move your body:

- Roll your shoulders
- Clasp hands behind your back and stretch
- Shake out your hands
- Open your jaw wide, then let it soften

**5. Use a Daily Object to Anchor** – Choose a familiar object (a coffee mug, collar, notebook) that you see often.

Every time you see it, take one slow breath and name one thing that is true in that moment.

**6. Finish the Sentence** – Complete one of the following prompts:

- Right now, I am...
- I feel most grounded when...
- Today, I noticed...

Grounding isn't just for panic—it's for preserving peace. Try these when things feel okay, and they'll be easier to reach for when things don't.

