

5 Minute Grounding Guide for Grief Waves

Overview

Grief can come in sudden waves that feel overwhelming and disorienting. This 5-minute grounding guide is designed to help you steady yourself in those moments—bringing your attention back to your body, your breath, and the present moment.

You can use this guide anytime a wave hits, whether you're at home or out in the world. It won't make the grief disappear, but it can help you feel more anchored, supported, and able to move through the moment with a little more ease.

5 Minute Grounding *Guide*

1. Breathe
 - Inhale deeply through your nose for **4 seconds**
 - Exhale slowly through your mouth for **6 seconds**
 - Repeat **5 times**
2. Ground your body
 - Name 5 things you can see
 - Name 4 things you can feel
 - Name 3 things you can hear
 - Name 2 things you can smell
 - Name 1 thing you can taste
3. Speak kindly: speak quietly or out loud
 - This moment is hard.
 - I am allowed to feel this.
 - I am safe right now.
4. One small action: choose one
 - Drink a glass of water
 - Step outside or near a window
 - Sit with your feet flat on the floor
 - Place a hand on your chest and breathe