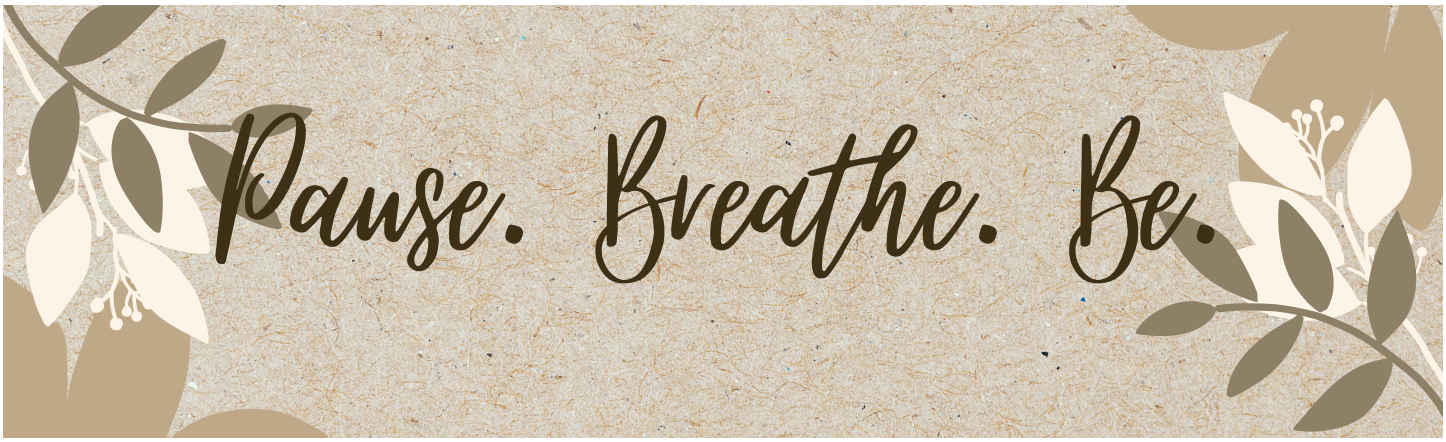


This grounding exercise is a supportive wellness practice and is not a substitute for professional mental health care. You are welcome to pause or modify any step to meet your needs.

Before you move on to the next thing, give yourself permission to pause.

You don't have to figure everything out right now. You don't have to have all the answers. You don't have to carry the weight of tomorrow while standing in today.

For the next few moments, allow yourself to simply be.

1. Find Your Stillness

Find a comfortable position. Allow your shoulders to soften. Unclench your jaw. Rest your hands gently in your lap.

Take a slow, deep breath in through your nose.

And gently release it.

Again, breathe in.

And breathe out.

With each breath, give yourself permission to slow down.

2. Become Present

Bring your attention to where you are right now.

Notice five things you can see around you.

Notice four things you can physically feel.

Notice three things you can hear.

Notice two things you can smell.

Notice one thing you are grateful for in this moment.

There is no need to rush. Simply observe.

You are here. You are present. You are allowed to take up space without having to accomplish anything.

3. Release What You Are Carrying

Consider what you brought into this moment.

Perhaps it is a deadline, an unanswered prayer, a difficult transition, an overwhelming responsibility, or an expectation you have placed on yourself.

Acknowledge it without judgment.

You do not have to pretend everything is okay to experience God's peace.

As you breathe out, imagine yourself loosening your grip on what you cannot control.

Remember the words of Matthew 11:28:

"Come to me, all you who are weary and burdened, and I will give you rest."

You were never meant to navigate every season in your own strength.

4. Reconnect With God's Presence

Take another slow breath.

Remind yourself:

God is with me in this moment.

I do not have to rush His timing.

I can give myself grace as I grow.

My worth is not measured by my productivity.

I am allowed to rest, reset, and begin again.

Let these truths settle into your heart.

5. Close With Intention

Before returning to your day, ask yourself:

What do I need most in this moment?

What can I release?

What is one gentle way I can care for myself today?

Take one final deep breath.

When you are ready, gently return your attention to your surroundings.

Carry this reminder with you:

You do not have to have it all together to be held together by God. You can meet yourself with grace, trust God with the process, and take the next step one moment at a time.

A Prayer for the Present Moment

Lord, thank You for meeting me right where I am. Quiet the noise around me and within me. Help me release what I cannot control and recognize what I need in this season. Teach me to extend myself grace, honor the limits of my humanity, and find rest in Your presence. Remind me that I am never walking through this life alone. Help me to believe that rest is not a reward, its a right and a necessity. Amen.