



Grounding Pause Sheet

A gentle pause to help the body and mind settle.

Creating steadiness

Arriving Here

Right now, what do I notice about my breathing or physical presence? (shallow or deep, fast or slow, tense or relaxed)

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Contact & Support

What do I feel supporting me in this moment? (the ground, the chair, my feet, my back, something solid nearby)

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Settling In

As I pause here, what shifts, even slightly, in my body or attention?

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This pause doesn't need to fix anything. It's simply a moment to be here, just as you are.