

The Morning Grounding Routine (10 Minutes to Reset Your Mind)

Start your day with clarity and intention. This 10-minute grounding routine helps calm anxiety, refocus your thoughts, and set the tone for a more peaceful, productive day. Use this every morning—or anytime you feel overwhelmed.

◇ Step 1: Breathe (2 minutes)

Sit still. Inhale slowly through your nose for 4 seconds, hold for 4 seconds, exhale through your mouth for 6 seconds. Repeat this for two minutes. Focus only on your breath. Feel your body begin to relax.

◇ Step 2: Reflect (4 minutes)

Answer these three prompts in a journal or quietly in your mind:

1. What am I feeling right now—and why?
2. What do I need today to stay grounded and focused?
3. What's one thing I'm grateful for this morning?

◇ Step 3: Act (4 minutes)

Choose ONE simple action you will commit to today:

"Today, I will _____."

This can be something small like making a phone call, going for a walk, or drinking water first thing.