

YOU CARE. YOU SHOW
UP. YOU CARRY A LOT
OF OTHER PEOPLE'S
STRESS. LET'S MAKE
SURE IT'S NOT ALL
LANDING ON YOU.

You can handle this.

THE WORLD CAN WAIT 30 SECONDS.

GROUNDING TOOLS FOR HIGH-STRESS PROFESSIONALS BECAUSE
YOUR NERVOUS SYSTEM DOESN'T CLOCK OUT WHEN YOU DO

Reminder:

BEING GOOD AT YOUR JOB DOESN'T MEAN YOU OWE
IT YOUR PEACE TOO.

Why do I feel like this?

HIGH-STRESS JOBS ASK A LOT OF YOUR NERVOUS
SYSTEM: CONSTANT DECISION-MAKING,
EMOTIONAL LABOR, AND LITTLE ROOM TO
DOWNSHIFT. OVER TIME, YOUR BODY STARTS
TREATING EVERYDAY PRESSURE LIKE A THREAT.
THAT'S WHAT ANXIETY OFTEN IS:

YOUR SYMPATHETIC NERVOUS SYSTEM STAYING
SWITCHED ON LONG AFTER THE MEETING ENDS

GROUNDING TECHNIQUES WORK BECAUSE THEY GIVE YOUR BODY CONCRETE
SENSORY INFORMATION THAT CONTRADICTS THE ALARM. IT IS PROOF THAT
YOU'RE NOT IN DANGER. THAT'S WHAT LETS YOU RESPOND INSTEAD OF
REACT.

Use these tools:

- BEFORE OR AFTER A STRESSFUL MEETING
- WHEN YOUR INBOX IS OVERFLOWING
- WHEN YOUR BRAIN JUST WON'T SHUT UP
- WHEN YOU FEEL ON EDGE OR
OVERWHELMED
- ANYTIME YOU NOTICE YOURSELF
SPIRALING OR CHECKING OUT.

YOU GOT THIS!

Grounding techniques that actually work:



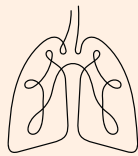
5-4-3-2-1

SENSES CHECK IN

FOCUS ON:

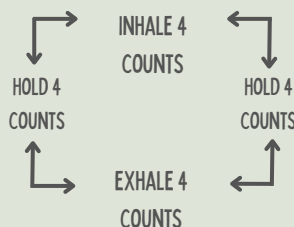
- 5 THINGS YOU CAN SEE
- 4 THINGS YOU FEEL
- 3 THINGS YOU HEAR
- 2 THINGS YOU SMELL
- 1 THING YOU TASTE

PULLS ATTENTION AWAY FROM THE
ANTICIPATED THREAT AND INTO THE
PRESENT MOMENT.



BOX BREATHING

CALM YOUR NERVOUS SYSTEM IN 4 COUNTS



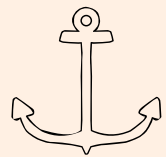
SLOWS HEART RATE AND SIGNALS
SAFETY TO THE BODY TO CALM US
DOWN.



BODY CHECK IN

ASK YOURSELF:

- WHERE AM I HOLDING
TENSION?
- WHAT DO I NEED RIGHT NOW?
- CAN I SOFTEN MY JAW,
SHOULDERS, OR BELLY?



PHYSICAL ANCHOR

FIND SOMETHING TO BRING YOU BACK TRY:

- PRESS YOUR FEET TO THE FLOOR
- SQUEEZE A STRESS BALL OR ICE
CUBE
- PRESS YOUR PALMS TOGETHER

YOU CAN'T POUR FROM AN EMPTY CUP

YES, YOU'VE HEARD THIS BEFORE. HERE'S WHY IT'S STILL TRUE.

THIS ISN'T LAZINESS. IT'S A NERVOUS SYSTEM THAT'S BEEN RUNNING NON-STOP WITH NO BREAK.

WHY THIS MATTERS

RUNNING ON EMPTY FOR TOO LONG DOESN'T JUST MAKE YOU TIRED. IT CHIPS AWAY AT YOUR FOCUS, YOUR PATIENCE, YOUR ABILITY TO JUST BE A DECENT PERSON TO THE PEOPLE AROUND YOU. EVENTUALLY, YOU HIT BURNOUT, BRAIN FOG, AND THAT FLAT

"I JUST CAN'T KEEP DOING THIS" FEELING. TAKING CARE OF YOURSELF ISN'T SELFISH. IT'S NECESSARY. YOU CAN'T SHOW UP FOR OTHERS IF YOU'RE RUNNING ON FUMES.

HOW FULL IS YOUR CUP TODAY?



EMPTY

RUNNING ON FUMES. EVEN SMALL TASKS FEEL LIKE TOO MUCH.



RUNNING LOW

GETTING THROUGH THE DAY, BUT ONE THING AWAY FROM TIPPING OVER.



HALF FULL

MANAGING, BUT YOU CAN FEEL THE RESET IS OVERDUE.



MOSTLY FULL

I'M DOING OKAY! TAKING CARE OF YOURSELF SOME OF THE TIME.



OVERFLOWING

I FEEL GOOD. THERE'S ROOM LEFT FOR WHAT MATTERS.

THERE'S NO SHAME IN EMPTY. IT JUST MEANS IT'S TIME TO REFILL, NOT PUSH HARDER.

RESET PLAN (CHOOSE 2 - 3)

WHAT'S ONE THING I CAN LET GO OF RIGHT NOW?

WHAT BOUNDARY DO I NEED TO PROTECT TODAY?

WHAT WILL I DO FOR ME THIS WEEK?

TINY REFILLS THAT ACTUALLY HELP:

- ☐ DRINK A FULL GLASS OF WATER
- ☐ STEP OUTSIDE FOR 60 SECONDS
- ☐ UNCLENCH YOUR JAW. DROP YOUR SHOULDERS
- ☐ STRETCH IT OUT (EVEN FOR 30 SECONDS)
- ☐ LISTEN TO YOUR FAVORITE SONG.
- ☐ PET YOUR DOG OR CAT.

YOU GOT THIS, BABE.

REMINDER:

REST ISN'T A REWARD YOU EARN BY FINISHING EVERYTHING. IT'S PART OF WHAT MAKES IT POSSIBLE TO KEEP GOING TOMORROW.

YOUR BRAIN
THINKS IT'S
PROTECTING YOU.
IT'S JUST AIMING
AT THE WRONG
TARGET HALF THE
TIME.

WHEN YOUR BRAIN JUST WON'T SHUT UP

(BECAUSE OVERTHINKING ISN'T
SOLVING THE PROBLEM)



IF YOUR BRAIN HAS BEEN REPLAYING THAT CONVERSATION FROM THREE DAYS AGO OR WRITING SEVENTEEN DIFFERENT ENDINGS TO SOMETHING THAT HASN'T EVEN HAPPENED YET, YOU'RE NOT BROKEN. THIS IS A NORMAL, WELL-DOCUMENTED PATTERN.

WAIT...IS THIS...

- ☐ A PROBLEM I CAN SOLVE RIGHT NOW?
- ☐ A THOUGHT MY BRAIN KEEPS REPLAYING?
- ☐ SOMETHING I HAVE ZERO CONTROL OVER?
- ☐ I'M HONESTLY NOT SURE

OVERTHINKING IS YOUR BRAIN TRYING TO PREVENT A BAD OUTCOME BY RUNNING EVERY POSSIBLE VERSION OF IT. PROBLEM IS, IT CAN'T TELL USEFUL PLANNING FROM JUST SPINNING.

YOUR BRAIN DOESN'T ALWAYS KNOW WHEN IT'S HELPING AND WHEN IT'S JUST MAKING YOU MISERABLE. LET'S INTERRUPT THE SPIRAL.

WHAT'S THE EVIDENCE?

SUPPORTING THE THOUGHT	SUPPORTING A DIFFERENT POSSIBILITY

THE PARKING LOT:

SOME THOUGHTS DON'T NEED TO BE SOLVED TODAY. PARK THEM HERE AND COME BACK TOMORROW.

WHAT IS YOUR BRAIN SAYING?

SAYING IT OUT LOUD (OR ON PAPER) PUTS A LITTLE SPACE BETWEEN YOU AND THE THOUGHT.

EXAMPLES:

"THEY'RE MAD AT ME."

"I'M GOING TO MESS THIS UP."

"EVERYONE THINKS I'M AN IDIOT."

"SOMETHING BAD IS GOING TO HAPPEN."

TINY RESET: TAKE A SLOW BREATH. LOOK AROUND AND NAME FIVE GREEN THINGS. SMALL SENSORY TASKS LIKE THIS INTERRUPT THE SPIRAL BY GIVING YOUR BRAIN SOMETHING CONCRETE ON INSTEAD OF SPIRALING.

WHAT DO I ACTUALLY KNOW RIGHT NOW?

RIGHT NOW I KNOW...

I DON'T ACTUALLY KNOW...

MY BRAIN IS FILLING IN THE BLANKS BY ASSUMING...



EVERYTHING FEELS LIKE AN EMERGENCY.

LET'S FIGURE OUT WHAT ACTUALLY NEEDS YOUR ATTENTION RIGHT NOW.

1. WHERE'S YOUR NERVOUS SYSTEM RIGHT NOW?

WHEN YOUR NERVOUS SYSTEM IS MAXED OUT, EVERYTHING STARTS TO FEEL URGENT, EVEN THE STUFF THAT ISN'T. THAT'S NOT YOU MAKING BAD JUDGMENT CALLS. THAT'S JUST WHAT AN OVERWHELMED NERVOUS SYSTEM DOES. LET'S SLOW DOWN AND SORT OUT WHAT'S REAL.



GREEN

I FEEL OKAY.
I CAN THINK CLEARLY.



YELLOW

I'M STRESSED OR ON EDGE, BUT MANAGING



ORANGE

IM FEELING OVERWHELMED AND SCATTERED.



RED

I'M PANICKED, FROZEN, OR SHUTTING DOWN.

IF YOU'RE SITTING IN ORANGE OR RED, THAT'S WORTH NOTICING. YOUR REACTION RIGHT NOW MIGHT BE MORE ABOUT HOW MUCH YOU'VE GOT LEFT THAN WHAT'S ACTUALLY HAPPENING.

YOU CAN HANDLE THIS

2. IS THIS...

WRITE YOUR CURRENT WORRY BELOW

3. WILL THIS MATTER...

TOMORROW? NEXT WEEK? NEXT YEAR?

☐ YES

☐ YES

☐ YES

☐ NO

☐ NO

☐ NO

4. RESET BEFORE REACTING

PICK ONE (OR TWO!)

DRINK WATER

TAKE 3 SLOW BREATHS

GO OUTSIDE AND GET FRESH AIR

SPLASH COLD WATER ON YOUR FACE

REACH OUT TO SOMEONE SAFE

MOVE MY BODY (STRETCH, WALK, SHAKE IT OUT)

PLAY YOUR FAVORITE SONG AND SING ALONG

NONE OF THESE MAKE THE PROBLEM GO AWAY. THEY JUST GET YOU STEADY ENOUGH TO ACTUALLY DEAL WITH IT.

☐ URGENT

☐ IMPORTANT

☐ CAN WAIT

☐ NOT MY RESPONSIBILITY

REMEMBER:

YOU DON'T HAVE TO SOLVE EVERYTHING RIGHT NOW. JUST WHAT ACTUALLY NEEDS YOU IN THIS MOMENT.



LET'S STOP
GIVING OUR
ENERGY TO SHIT
WE CAN'T
CONTROL

WHAT'S ACTUALLY IN MY CONTROL?

WE CAN'T CONTROL EVERYTHING, OBVIOUSLY. BUT WE CAN
CONTROL WHERE YOU PUT YOUR TIME, ENERGY, AND ATTENTION.

SORT IT OUT

LOOK AT THE LIST BELOW. WRITE EACH ITEM IN THE CIRCLE THAT FITS.

MY ATTITUDE

POLITICS

MY SELF CARE

THE FUTURE

TRAFFIC

HOW I TALK TO MYSELF

MY EFFORT

THE WEATHER

THE PAST

MY REACTIONS

WHAT OTHER PEOPLE
DO

MY BOUNDARIES

OTHER PEOPLE'S
OPINIONS

THINGS I CAN CONTROL



THINGS I CANNOT CONTROL



MY CONTROL PLAN

PICK 1 - 2 THINGS FROM THAT RIGHT CIRCLE YOU'RE READY TO LET GO OF. WHAT'S ONE THING
YOU CAN DO INSTEAD WITH THAT ENERGY?

CHOOSE 1 - 3 THINGS FROM THE LEFT CIRCLE YOU WANT TO FOCUS ON THIS WEEK. WHAT'S ONE
TINY ACTION YOU CAN TAKE TODAY?