

## ***Grounding Tools for the First Days of a Breakup***

### *Ground Yourself: 3 Quick Calming Techniques*

Bring your body back to safety when emotions feel overwhelming.

Breakups can flood your system with intense emotions – sadness, panic, anger, even physical shakiness. These three simple grounding techniques help anchor you back into the present moment.

#### 5-4-3-2-1 Senses Exercise

Look around and name:

5 things you can see

4 things you can feel

3 things you can hear

2 things you can smell

1 thing you can taste

This technique engages your senses and shifts focus away from distress.

#### Cold Water Reset

Splash cold water on your face, or hold an ice cube in your hand for 30 seconds.

This triggers your parasympathetic nervous system and helps calm racing thoughts.

#### Box Breathing

Breathe in for 4 seconds

Hold for 4 seconds

Breathe out for 6 seconds

Repeat x 3

Use this any time you feel panicky, teary, or stuck in your head.

Gentle Reminder:

*You are not doing this wrong. You're just doing something hard.*