

Pack 1:

# Grounding Tools

## SOOTHE



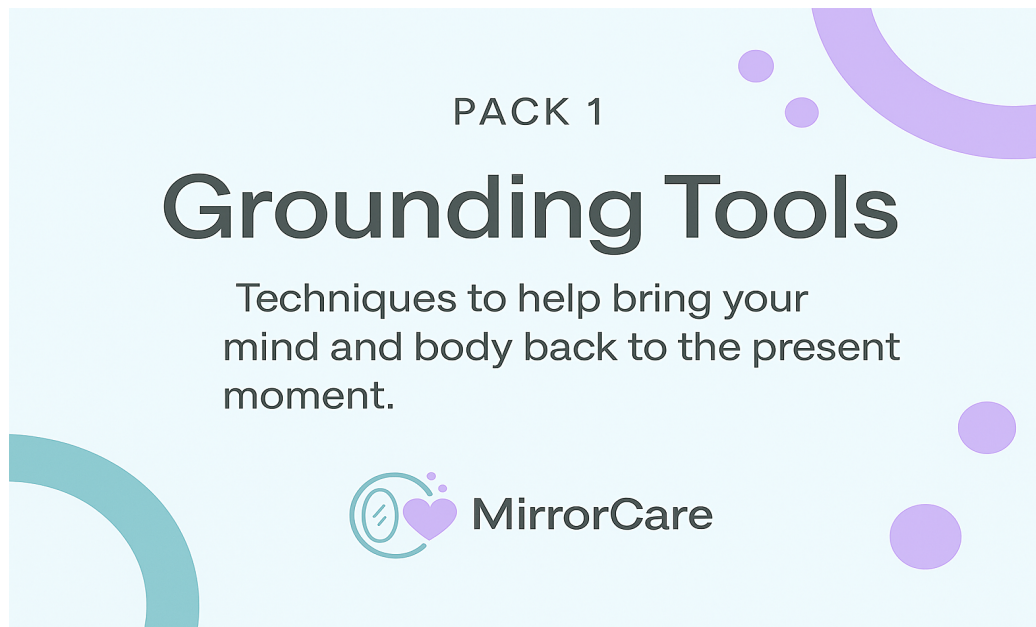
Comfort  
through  
kindness

Ease emotional distress  
with compassionate  
self-care rituals.

# MirrorCare – Resource Pack 1

## ■ Grounding Tools Pack

For moments of overwhelm, dissociation, or emotional flooding, this grounding pack offers gentle reconnection tools rooted in presence and lived experience.



# Grounding Tools

## SENSE



Connection  
through  
attention

Engage the five senses  
to anchor your presence  
in the current moment.



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## 1. 5-4-3-2-1 Senses Grounding

Use this method to reconnect with your body and environment. Try noticing:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Optional prompt: "What detail in my surroundings feels most comforting right now?"

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

5 things you can see

4 things you can touch

3 things you can hear

2 things you can smell

1 thing you can taste



# BREATH

Rhythmic  
grounding

Use paced  
breathing techniques  
to calm your nervous system.



## 2. Breathing Techniques

Try one of these simple breath patterns when you're feeling overwhelmed:

- Box Breathing – Inhale 4s, hold 4s, exhale 4s, hold 4s.
- 4-7-8 Breathing – Inhale 4s, hold 7s, exhale 8s.
- MirrorCare Anchor Breath – Inhale: 'I am here'. Exhale: 'I am safe.'

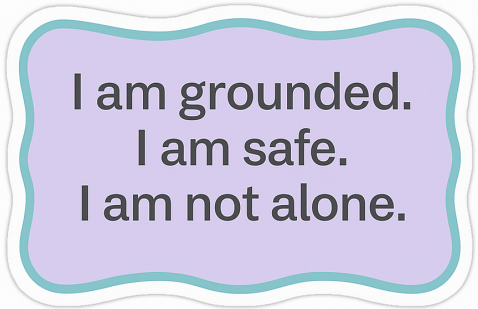


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### 3. MirrorCare Anchor Phrase Cards

These phrases can be printed or carried as small reminder cards:

- “I am grounded. I am safe. I am not alone.”
- “This moment is temporary. I have survived every moment so far.”
- “I don’t need to be perfect to be present.”



I am grounded.  
I am safe.  
I am not alone.



This moment is  
temporary.  
I have survived  
every moment  
so far.



MirrorCare

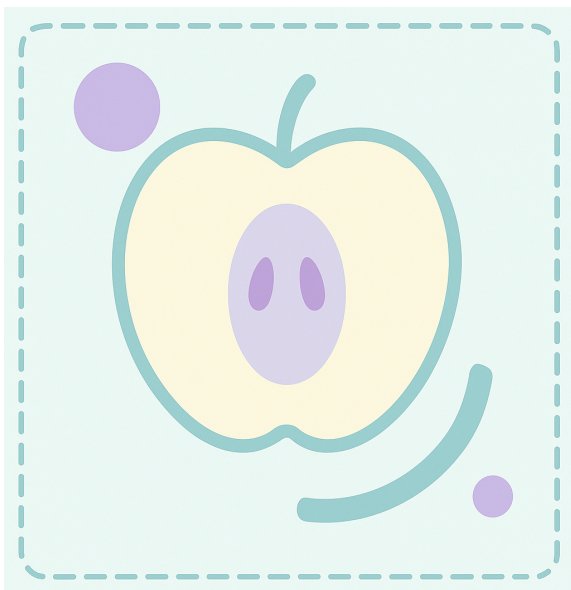


I don't need to  
be perfect  
to be present.

## 4. Visual Grounding Tool

Paste or print a calming image here (e.g., ocean, forest, candlelight) and attach the following affirmation beneath it:

“Right now, I am held by the world around me.”



# MOVE



Freedom of  
movement

Engage in gentle physical  
activities to discharge  
pent-up energy.

## 5. Gentle Journal Prompt

Use this reflection to gently re-anchor:

“What helps bring me back when I drift?”