



Short Grounding Practice

Useful for the start of a session when a client arrives feeling scattered or rushed.

Let's begin with a short grounding practice, just to give ourselves a moment to settle.

If it feels okay, you might gently close your eyes, or lower your gaze to something still.

Bring your attention to where your body makes contact with the chair... the floor beneath your feet.

Notice the support beneath you.

Now bring your awareness to the sounds around you. Just noticing, not labeling.

And now, bring your attention inside the body. Maybe the feeling of your hands resting in your lap.

Notice where you feel tension, and where you feel ease.

Nothing to change, just noticing.

Now, take one slow breath in... and a slow breath out.

And when you feel ready, you can gently open your eyes or lift your gaze.

For clients to try at home



Mini-Grounding by Terri Cole

Terri Cole, MSW, LCSW, is a licensed psychotherapist

InsightTimer



Breath-Awareness Reset

Useful when a client seems uncertain about where to begin. It's a simple pause to return to the body.

Before we get started, would it feel okay to take a moment to settle in with the breath?

You don't need to do anything out of the ordinary, just notice your breath as it is.

Please, go ahead and close your eyes or lower your gaze if that's more comfortable.

As you take a deep breath in, feel the air coming in through your nose...and leaving through your mouth.

If your mind wanders, that's completely normal. Just gently bring it back to the sensation of breathing.

With this next breath, you might notice your chest rising and falling, or your belly expanding and releasing.

Let's stay with this for a few more breaths.

Breathing in and breathing out.

And when you're ready, you can slowly bring your awareness back to the room and open your eyes.

For clients to try at home



Breath Awareness For Ease & Spaciousness by Rachel Fearnly

Rachel Fearnly is somatic educator & breathwork facilitator

InsightTimer



5-4-3-2-1 Sensory Grounding

Useful when a client feels overwhelmed or anxious.

This practice grounds them through the senses.

Let's take a moment to ground using the five senses.

You don't need to close your eyes, just notice what's around you.

Start by naming 5 things you can see.

Look around the room. Notice colors, shapes, textures, anything that catches your eye.

Good. Now 4 things you can feel.

That could be your feet on the floor, your hands in your lap, the fabric of your clothes, or the air on your skin.

Next, 3 things you can hear.

Just notice the sounds around you, near or far. There's no need to judge them, just name them.

Now, 2 things you can smell.

Maybe there's a scent in the air, or you can bring your attention to your clothes, or simply take a breath and notice.

And finally, 1 thing you can taste.

It could be the taste in your mouth right now, or maybe just taking a sip of water and noticing the sensation.

That's it. You're here. You're safe. Let's begin.

For clients to try at home



5 Senses Grounding Meditation by Colleen Barrows

Colleen Barrows, LPCC, is a licensed psychotherapist

InsightTimer



Hand-on-Heart Self-Soother

Useful when a client is caught in self-judgment,
shame, or struggling to feel safe.

You can do this with your eyes open or closed.

If it feels okay, place one hand on your chest.

Just feel the weight of your hand resting there.

Notice the warmth of your skin and the gentle rise and fall beneath
your palm as you breathe.

Just sit with that for a moment as you breathe in and out.

You don't need to change anything. Just let your hand be a reminder:
You're here. You're safe. You're doing your best.

Again, take one slow breath in, and a long, slow breath out.

Like you're telling your body: it's okay to soften.

Now, take one last deep breath in, and slowly exhale through your
mouth.

Now, open your eyes slowly.

Well done. When you're ready, let's get started.

For clients to try at home



One Minute Hand On Heart by Lea Seigen Shinraku

Lea Seigen Shinraku, MFT, is a licensed therapist

InsightTimer



Three-Breath Transition Tool

This short reset offers a simple way to pause and find steadiness before continuing or wrapping up a session.

Let's take three breaths together.

On the first breath, **arrive**. Let yourself land in this moment.

Notice the feeling of your feet on the floor, the weight of your body, the air around you.

There's nothing you need to do right now. Just be here.

On the second breath, **soften**. Allow your shoulders to drop, your hands to loosen, your face to relax.

Let go of anything you've been holding, even if just for now. Give yourself permission to release.

On the third breath, **choose**.

Maybe set a quiet intention for the rest of the day. Or simply check in with how you're feeling, without needing to fix or analyze.

Just acknowledge what's here, gently and honestly.

That's it. Just three breaths to help you arrive in the moment, soften your body, and choose your next step forward.

Good work.

For clients to try at home



Breath Meditation By Sharon Salzberg

Sharon Salzberg is a meditation teacher and bestselling author.

InsightTimer



Setting An Intention

Useful at the start of a session to help a client center and clarify what they need.

Before we begin your session today, I thought we could take a moment and allow you to arrive fully present in this space so we can focus on you and what you need.

This exercise may help you to get the most out of your session.

If you feel comfortable, you can close your eyes, but it's okay if you don't want to. The outcome will be the same.

Keep breathing, gently in and out, and take a moment to think about the answer to this question:

What do you need from your session with me today?

There's no right or wrong answer.

You may notice a feeling, a word or perhaps a question of your own. Sit with it, and repeat it to yourself.

When you're ready, open your eyes or lift your gaze.

Would you feel comfortable telling me what Intention came forward for you?

For clients to try at home



5-Minute Morning Intention Setting by Liza Colpa

Liza Colpa is a 500hr Certified Yoga Teacher

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