

CLThe


GROUNDING GUIDE

FOR HEALTH PROFESSIONALS



SIMPLE TOOLS
TO RECONNECT,
RESET, AND
RECLAIM YOUR
WELL-BEING

TOOLS FOR YOUR SHIFT.
SUPPORT FOR YOUR SOUL.

Chart Lyfe LLC



WELCOME


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Sometimes life feels heavy, and our nervous system stays on high alert. I promise **you're not alone** in this feeling, nor does it mean you are broken.



This grounding guide was **created especially** for nurses, healthcare professionals, and healers like **you** – from my firsthand experience with burnout and trauma on the job.



In the same way our bodies can adapt to stress and chaos, *we can also reintroduce **safety and a healthy rhythm*** back into our lives.



Inside this guide, you'll find simple, effective tools to help you **reconnect** *in moments of stress, overwhelm, or disconnection*. Use it anytime - pre or post-shift, after a tough moment, or as part of sustainable regulation habits.



May this guide **support you** in your healing journey, and know that you can come back here as often as you need.



If you're ready to go deeper in your healing or need more structured support, consider booking a free **Trauma & Wellness Debriefing session**.



You matter. 

Your well-being matters.

Thank you for the care you give to others.

You deserve care, too.



With care,

Shauntel 

Founder of ChartLyfe.com



Disclaimer: This guide is for educational and supportive purposes only and is not a replacement for therapy, mental health treatment, or professional medical care. If you are in crisis, call or text 988, call 911, or seek support from a licensed professional.



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Pause. Breathe.
You're doing
better than
you think.

How Do You Feel?

Check in with yourself. There's no wrong answer.
Use this guide by **starting where you are right now.**

You're allowed to feel what you feel. ♡



Once you've identified how you feel, flip to that section for tools and practices to help you **reset and reconnect.** ♡



Reminder:

There's no need to fix or force anything.
This guide is here to **support you—gently.** ♡

Feeling overwhelmed, overstimulated, or anxious—**TRY THESE:**




5-4-3-2-1

GROUNDING TECHNIQUE

Use your 5 senses to bring yourself back to the present.



Best for: Feeling disconnected, anxious, or mentally overwhelmed.

NAME THE FOLLOWING:



- 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**



COLD TOUCH RESET

Use cold temperature to interrupt your stress response & calm the nervous system.



Best for: Sudden anxiety, panic, emotional flooding.

- **Hold a cold object** (ice cube, cold water bottle, metal spoon from the freezer).
- Place it in your hands, or press gently on your wrists or the back of your neck.
- **Focus on the sensation**—notice how your body responds.
- Continue **30–60 seconds** or until your body starts to settle.



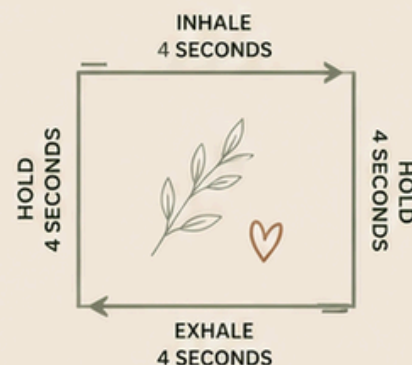
BOX BREATHING

Powerful & simple breathing technique to calm and focus the mind.



Best for: Overwhelm, stress, burnout recovery, nervous system regulation.

- Inhale slowly through your nose for **4 seconds**
- Hold your breath for **4 seconds**
- Exhale slowly through your mouth for **4 seconds**
- Hold again for **4 seconds**
- Repeat the cycle **4–6 times** or for up to 5 minutes.



Reminder:

You're not meant to push through everything. **Pause. Regulate.** You're still showing up—and that matters.



Feeling disconnected, spacey, or like I'm floating—**TRY THESE:**



BAREFOOT GROUNDING

Reconnect with your body by connecting with the earth.



Best for: Feeling disconnected or overstimulated.

- Stand or walk barefoot on a natural surface like grass, dirt, or sand (only if it's safe and clean).
- Notice the **temperature**, **texture**, and **pressure** under your feet.
- Take a few slow breaths as you **stay present** with the sensation for **1–2 minutes**.



5 THINGS YOU SEE + 1 THING YOU HEAR

A quick way to refocus your mind through your senses.



Best for: Quick sensory reset or calming spiraling thoughts.

- Look around and name **5 things** you can see—aloud or silently.
- Then name **1 sound** you can hear and focus on it for a few seconds.
- Repeat as needed to **refocus** your mind on the present.



TEXTURED OBJECT FOCUS

Use touch and detail to anchor yourself back to now.



Best for: Grounding during emotional overwhelm or anxiety.

- Hold a textured object (rock, fabric, keychain, etc.) in your hand.
- Describe it out loud or in your mind:
 - Is it **smooth** or **rough**?
 - **Warm** or **cold**?
 - **Heavy** or **light**?
- Stay focused on the details for **1–2 minutes** to calm your nervous system.



Reminder: You don't have to "snap out of it." You're allowed to take small steps back to yourself—one breath, one sense, one moment at a time.



Feeling irritated, angry, or stuck in fight mode— **TRY THESE:**



WALL PUSH

Use physical pressure to release built-up tension.

♥ **Best for:** Feeling tense, explosive, or stuck.

- Stand facing a wall. Place both hands flat against it.
- Press as hard as you can for **10–20 seconds**, then release.
- Notice how your muscles feel afterward—repeat if needed.



LION'S BREATH

A powerful breath to release intensity and reset your nervous system.

♥ **Best for:** Sudden anger, agitation, or overwhelm.

- Inhale deeply through your nose.
- Open your mouth wide, stick your tongue out, and exhale with a **loud “haaaa” sound**.
- Do this **3–5 times**.
- Take a deep breath in and notice the shift.

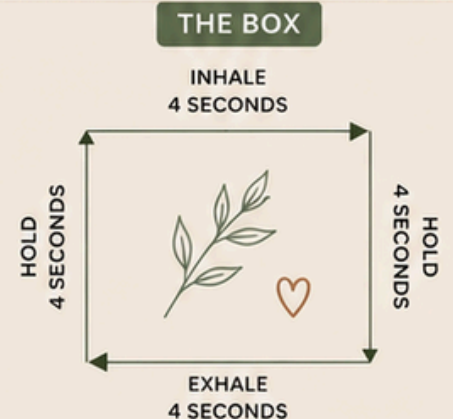


BOX BREATHING

A steady breath pattern that helps calm emotional intensity.

♥ **Best for:** Overwhelm, stress, burnout recovery, or nervous system regulation.

- Inhale slowly through your nose for **4 seconds**
- Hold your breath for **4 seconds**
- Exhale slowly through your mouth for **4 seconds**
- Hold again for **4 seconds**
- Repeat the cycle **4–6 times** or for up to **5 minutes**.



Reminder:

Your feelings are valid.
These tools are here to help you **move through them**—not push them away.



Feeling low, heavy, or emotionally drained—

TRY THESE:



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When your emotional battery is low, small acts of care can make a big difference.



GET NATURAL LIGHT

Step outside, even for a few minutes. Sunlight can boost your mood and energy.



HYDRATE WELL

Dehydration can worsen fatigue and low mood. Drink water consistently.



NOURISH YOUR BODY

Eat something balanced. Your body needs fuel to support your mind.



LISTEN TO SOOTHING MUSIC

Create a playlist that helps you feel safe, calm, or understood.



JOURNAL IT OUT

Write down what you're feeling without judgment. Let it out.



BE KIND TO YOURSELF

You don't have to have it all together. Rest is productive. Taking care of yourself is how you come back stronger.

*Gentleness today,
strength tomorrow.*



Reminder: This season won't last forever. You are allowed to take the time you need. **You matter, always.**

When I feel anxious about the future— TRY THESE:



The future can feel heavy—but you don't have to carry it alone.
Come back to the present with these grounding tools.



1. WORRY TIME (SCHEDULE IT)



Set a timer for 10 minutes each day as your “worry time.”



Write down what you're worried about. Outside of that time, gently remind yourself: “I'll think about it during worry time.”



2. FUTURE SELF LETTER

Write a letter to your future self. Remind them that you're doing your best right now. Include words of encouragement, things you're proud of, and hopes for what's ahead.



You are becoming.
Give yourself grace.

3. RETURN TO WHAT YOU CAN CONTROL

Make two lists.



IN MY CONTROL:

- My actions
- My mindset
- My daily habits
- How I treat myself



NOT IN MY CONTROL:

- Other people's choices
- The future
- Past mistakes
- How everything will unfold



Then, choose one small action from your “in my control” list to focus on today.



4. 5-4-3-2-1 RESET



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

Bring your attention back to right now, where you are safe.



5. VISUALIZE A SAFE PLACE

Close your eyes and imagine a place that feels safe, peaceful, and comforting.

What do you see?

What do you hear?

What do you feel?

Stay there for a few breaths.



6. REACH OUT

You don't have to go through it all alone. Text a friend. Talk to someone who gets it. Connection can be a powerful way to calm the storm.



Asking for support is a sign of strength.



Reminder:

You don't have to have it all figured out.
You just have to take the **next right step.**



My Reset Plan



When I notice I'm overwhelmed, anxious, disconnected, or emotionally drained...



1. MY WARNING SIGNS:

- | | |
|--|--|
| <input type="checkbox"/> Irritable | <input type="checkbox"/> Numb/disconnected |
| <input type="checkbox"/> Shutting down | <input type="checkbox"/> Overstimulated |
| <input type="checkbox"/> Racing thoughts | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Exhausted | |



2. THINGS THAT HELP REGULATE ME:

- | | |
|---|---|
| <input type="checkbox"/> Deep breathing | <input type="checkbox"/> Stretching/walking |
| <input type="checkbox"/> Going outside | <input type="checkbox"/> Warm drink |
| <input type="checkbox"/> Prayer or scripture | <input type="checkbox"/> Journaling |
| <input type="checkbox"/> Calling someone safe | <input type="checkbox"/> Shower/bath |
| <input type="checkbox"/> Music | <input type="checkbox"/> Rest |
| <input type="checkbox"/> Silence | <input type="checkbox"/> Other: _____ |



3. PEOPLE I CAN REACH OUT TO:

- _____
- _____
- _____



4. REMINDERS I NEED WHEN I'M STRUGGLING:

- I am safe.
- I don't have to fix everything today.
- Rest is productive.
- I am allowed to slow down.
- _____



5. ONE SMALL THING I CAN DO TODAY:



Small steps
create real
change.



Reminder:

Healing doesn't always happen in big moments. Sometimes it looks like pausing, breathing, and **choosing yourself again.**



Resource List

You don't have to do this alone.



Support is a sign of strength.

These resources are here to help you when you need them most.



OUR SUPPORT

We're here for you.

At ChartLyfe, we understand the emotional weight of your work and the importance of having support that truly gets it. Reach out anytime.



[Chartlyfe.com/support/](https://chartlyfe.com/support/)

How can we support you? Set up a complimentary session [here](#).



NATIONAL RESOURCES

988

988 Suicide & Crisis Lifeline

Call or text 988 or chat 988lifeline.org
24/7 free and confidential support.



Crisis Text Line

Text HOME to 741741
24/7 support via text.



NAMI HelpLine

1-800-950-NAMI (6264)
Information and support for mental health concerns.



SAMHSA National Helpline

1-800-662-HELP (4357)
Treatment referral and information
24/7.



National Domestic Violence Hotline

1-800-799-SAFE (7233)
24/7 support for anyone experiencing domestic violence.



ADDITIONAL RESOURCES

- **Psychology Today Therapist Directory**
psychologytoday.com
- **BetterHelp (Online Therapy)**
betterhelp.com
- **Headspace (Mindfulness & Meditation)**
headspace.com
- **Sleep Foundation**
sleepfoundation.org
- **The Trevor Project (LGBTQ+ Support)**
thetrevorproject.org | 1-866-488-7386

Final Thoughts

*You are not alone. You are not too much.
You are enough—exactly as you are.*



Taking the time to care for your mental and emotional well-being is one of the most important choices you can make.

Healing isn't always linear, and that's okay.

Every small step forward is still progress.



You have the strength to keep showing up for yourself.
Keep going. You're doing better than you think.



BE PATIENT WITH YOURSELF



Healing takes time, and that's okay. Some days will feel harder than others. You are allowed to take things one step at a time.



CELEBRATE THE SMALL WINS



Every small step matters. Acknowledging your progress—no matter how small—builds confidence and hope.



KEEP REACHING FOR SUPPORT



You don't have to do this alone. Support is a sign of strength, and connection can be one of the most powerful tools in healing.



A Moment for Reflection

Take a moment to acknowledge how far you've come.

What are you proud of? What strengths have helped you along the way?



Keep choosing you. Keep taking care of you.

Your story isn't over. Beautiful things are still ahead. 