



# **Steady Moments**

## **Sample Deck**

Grounding cards as a reminder  
that even small pauses can  
bring calm

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## **Welcome to Your Grounding Deck**

When your thoughts feel loud or your body feels tense, reach for one of these cards. Each one offers a small way to come back to the moment.

Grounding helps you shift attention away from stress and into your senses. It brings you back to your body, your breath, and your surroundings – so you can feel more steady and safe.

No need to plan or think hard. Just pick a card and follow what it says.



## How to Use Them

Keep a few in places where you need calm – in your bag, on your desk, by the mirror.

Pull one at random when you feel overwhelmed. Share one with a friend who can gently remind you to use it.

Do one a day to build a habit of calm.





## **Try keeping a card:**

On your fridge as a gentle reminder

Tucked in your phone case for when you're on the go

By your bed to help you settle before sleep

At your workspace for midday resets

In your bathroom mirror to ground while brushing teeth





## Use them:

Before or after a therapy session

In a waiting room when nerves show up

After waking from a stressful dream

During moments of panic, distraction, or numbness

To center before speaking, writing, or sharing your feelings






## **Create your own rituals:**

Pull one card each morning to begin the day grounded

Choose one before bed to help the body slow down

Keep a favorite near your journal as a reset button





**5-4-3-2-1**

**Reset**

Notice

5 things you  
see,

4 you feel,

3 you hear,

2 you smell,  
and

1 you taste.





# **Hand Over Heart**

Place your  
hand on your  
chest. Feel  
your breath  
rising and  
falling.





## **Slow Sip**

Take a sip  
of water or  
tea. Feel it  
move slowly  
through your  
body.





# **Texture Hunt**

Find three  
different  
textures and  
notice how  
each feels.





# **Anchor Word**

Say a calming  
word (like  
"peace" or  
"safe") as  
you breathe  
in and out.





# **Room Scan**

Look around  
and gently  
describe the  
space you're  
in.





# **Gentle Stretch**

Roll your  
shoulders slowly.  
Stretch your  
arms or neck  
with care.





# **Nature Listen**

step outside or  
open a window.  
Notice natural  
sounds around  
you.





# **Cloud Watching**

Look at the  
sky. Notice  
the clouds,  
light, or  
movement.





## **One-Minute Stillness**

Close your  
eyes, place  
both feet  
flat, and sit  
in stillness  
for one  
minute.

