



CELESTIAL  
COUNSELING

# MINDFULNESS MOMENTS

A Guide to Grounding Yourself  
When Life Feels Heavy



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# HOW TO USE THIS GUIDE

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This guide is for you if you've ever felt overwhelmed, anxious, or disconnected from your body. Inside, you'll find simple exercises you can do anywhere, anytime, to help you come back to the present moment.

No experience needed. No special equipment. Just you, exactly as you are.

## **Here's what I suggest:**

- 01** Start with the check-in. Before you do any exercise, take a moment to notice how you're feeling. There's no right or wrong answer. Just honest awareness.
  
- 02** Pick one exercise. You don't have to do all of them. Choose whatever feels most accessible to you in the moment. Some days that might be breathing. Other days it might be grounding.
  
- 03** End with the check-in. After the exercise, notice if anything shifted. Sometimes it's subtle. Sometimes it's nothing. Both are okay.
  
- 04** Be gentle with yourself. If your mind wanders, that's normal. If you can't finish an exercise, that's fine. The goal isn't perfection. It's practice.

This isn't a workbook you need to complete perfectly. It's a resource to return to whenever you need it.

## BEFORE YOU BEGIN: CHECK IN

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Take a moment to pause before you start. There's no judgment here, just noticing. Answer these questions honestly, even if the answers feel uncomfortable.

Right now, my body feels:

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The emotion I'm most aware of is:

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On a scale of 1-10, my stress level is:

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Something I'm carrying today:

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What I need in this moment:

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## EXERCISE 1: BOX BREATHING

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Box breathing is a simple technique that can help slow your heart rate and calm your nervous system. It's called "box" breathing because each part of the breath is the same length, like the sides of a square.

### How to do it:

1. Find a comfortable position. You can sit, stand, or lie down.
2. Breathe in slowly through your nose for 4 counts.
3. Hold your breath gently for 4 counts. (Don't clench or strain.)
4. Breathe out slowly through your mouth for 4 counts.
5. Hold your breath gently for 4 counts.
6. Repeat for 4-6 cycles, or as long as feels good.

**Tips:** If 4 counts feels too long, try 3. If it feels too short, try 5 or 6. There's no perfect number. Find what works for your body.

## EXERCISE 2: 5-4-3-2-1 GROUNDING

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When anxiety pulls you into your head, grounding brings you back to your body and the present moment. This technique uses your five senses to anchor you in the here and now.

### How to do it:

#### Look around and name:

- 5 things you can SEE (a plant, the ceiling, your hands, a shadow, a color)
- 4 things you can TOUCH (your clothes, the floor, your hair, something soft)
- 3 things you can HEAR (traffic, your breath, the hum of a fan)
- 2 things you can SMELL (coffee, lotion, fresh air, nothing at all)
- 1 thing you can TASTE (water, gum, the inside of your mouth)

• **Tips:** You can do this silently or out loud. If you can't find something for a category, that's okay. Just move to the next one.

## EXERCISE 3: QUICK BODY SCAN

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A body scan helps you reconnect with physical sensations and release tension you might not realize you're holding. This shortened version takes just a few minutes.

### How to do it:

1. Close your eyes or soften your gaze.
2. Start at the top of your head. Notice any sensations there, without trying to change them.
3. Slowly move your attention down: your forehead, eyes, jaw, neck.
4. Continue to your shoulders, arms, hands, fingers.
5. Notice your chest, your belly, your back.
6. Move down to your hips, legs, feet, toes.
7. Take one more breath, noticing your whole body at once.
8. Open your eyes when you're ready.

**Tips:** If you notice tension somewhere, you can breathe into that area. If your mind wanders, gently bring it back. No judgment.

## EXERCISE 4: PROGRESSIVE MUSCLE RELAXATION

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Sometimes our bodies hold stress even when our minds don't realize it. Progressive muscle relaxation helps you notice tension and consciously release it.

### How to do it:

1. Sit or lie down in a comfortable position.
2. Start with your hands. Make tight fists and hold for 5 seconds.
3. Release and notice the difference between tension and relaxation.
4. Move to your arms. Tense your biceps, hold for 5 seconds, then release.
5. Continue with your shoulders (shrug them up to your ears), then release.
6. Scrunch your face (forehead, eyes, mouth), hold, then release.
7. Tense your stomach muscles, hold, then release.
8. Finally, point your toes and tense your legs, hold, then release.
9. Take a few deep breaths and notice how your body feels.

**Tips:** Don't tense so hard that it hurts. The goal is to notice the contrast between tension and relaxation, not to strain yourself.

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## AFTER YOU FINISH: CHECK IN AGAIN

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Now that you've completed an exercise (or a few), take a moment to notice if anything has shifted. Remember: even small shifts count. And if nothing feels different, that's okay too.

Right now, my body feels:

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The emotion I'm most aware of is:

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On a scale of 1-10, my stress level is:

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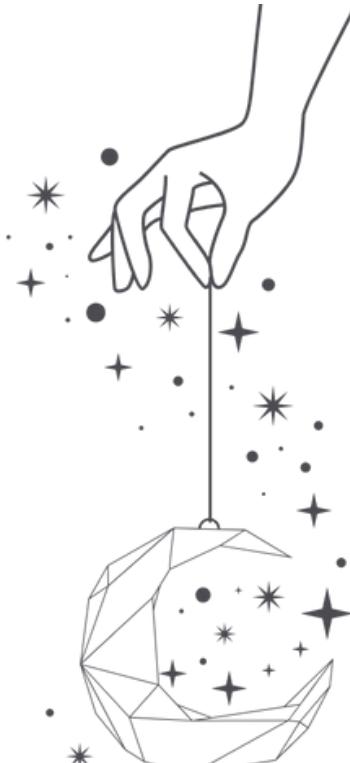
Something I noticed during the exercise:

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One kind thing I can tell myself right now:

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## Conclusion

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If these exercises helped, you might benefit from deeper support.

I am Kamillah Gray, a licensed professional counselor in Richmond, Virginia. I work with people navigating anxiety, identity, chronic illness, and life in systems that often feel unwelcoming.

My style is collaborative, warm, and grounded in your existing strengths.

I offer free 15 minute consultations so we can see if working together feels right.

[Book a Free 15-Min Consultation](#)

