



“3 Quick Ways to Come Back to Yourself”

When life starts to feel heavy or overwhelming, it can be easy to lose your sense of balance. These simple grounding exercises are here to help you pause, breathe, and come back to yourself — no matter where you are or what’s happening around you. Even just a few minutes of stillness can begin to shift your energy and bring a sense of calm back into your body.

1. 3-3-3 Grounding Breath

Purpose: Calm your nervous system fast. *(Takes under a minute. Can be done anywhere — in the car, at work, in bed.)*

How to do it:

- Inhale through your nose for **3 seconds**
- Hold for **3 seconds**
- Exhale slowly through your mouth for **3 seconds**
- Repeat 3 times.
- As you breathe, quietly say to yourself: *“I am here. I am safe. I am okay.”*

2. 5-Senses Reset

Purpose: Bring your awareness back to the present moment. *(Shifts the focus from spiralling thoughts to sensory calm.)*

How to do it:

- Name **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**

3. Hand-on-Heart Re-Center

Purpose: Quickly reconnect to your body and emotional balance. *(Simple but powerful for instant grounding and self-soothing.)*

How to do it:

- Place one hand on your heart, one on your belly.
- Take a deep breath and feel your body rise and fall.
- Silently repeat: *“I’m coming back to myself.”*
- Stay here for 2–3 breaths.

If you’re ready to release what’s been weighing you down and reconnect more deeply with your calm, I’d love to hold space for you.

You can book a session or a discovery call to explore what kind of support feels right for where you are. ✨ *You don’t have to carry it all alone.*

— Sylvia, *Healing Lotus Hands* 💜

Healing Lotus Hands

Access Bars • Reiki • Body Whispering