

P A R E N T S

Grounded

A reset for however you're wired, for the moments parenting feels like too much.

Grounding isn't one size fits all.

Some of us calm down by moving. Some of us need to be heard before we can settle. Some of us need our minds given a job. Some of us just need to get pulled back to right now.

None of these are wrong. They are just different nervous systems, doing what they know how to do. Find the one that sounds like you, and keep it somewhere close for the hard mornings.

THE MOVER

The problem

Your body panics before your mind catches up. Sitting still to calm down does the opposite of calm you down.

Tips and tricks

- Give your hands a two minute job. Wipe the counter, fold one thing, tie your shoes properly.
- Try box breathing while you move. Inhale for four counts, hold for four, exhale for four, hold for four.
- Stand barefoot on the floor or the grass for thirty seconds and feel your feet holding you up.

The reset

Finish one small physical task before you decide anything else. Let your hands settle first.

THE FEELER

The problem

You don't calm down through logic. You calm down through connection. Alone with the spiral, it only gets louder.

Tips and tricks

- Say the true thing out loud, even just to yourself. "I'm overwhelmed right now."
- Send one voice note or text to a person who gets it, before you try to fix anything.
- Put a hand on your chest. Physical touch tells your nervous system someone is here.

The reset

Reach one person before you try to think your way out. Being felt is what settles you.

THE THINKER

The problem

Your mind won't stop narrating, replaying, planning three arguments at once. More thinking never fixes a thinking problem.

Tips and tricks

- Name five things you can see, four you can touch, three you can hear.
- Say the date, the time, and where you are, out loud.
- Give your brain a task it can actually finish. A puzzle, a countdown, a short list.

The reset

Interrupt the loop with your senses, not your thoughts. Your mind needs a different job, not a better argument.

THE FORECASTER

The problem

You're not overwhelmed by right now. You're overwhelmed by what's coming next. The spiral lives three steps ahead.

Tips and tricks

- Try one long exhale. Inhale for four counts, exhale for eight.
- Say it plainly. "Right now, in this exact moment, we are okay."
- Write down the one thing that's actually true today, separate from what might happen tomorrow.

The reset

Bring yourself back to the minute you're actually in. The rest of the day hasn't happened yet.

Save this.

Send it to a friend who needs it too.

You don't have to navigate this journey alone. That's the whole point of the village.

CULTIVATED