



# REHvolution Services

Business | Therapy | Coaching | Mentorship | Training Academy

Email: [contact@rehvolution.online](mailto:contact@rehvolution.online) | Tel: 07624 266075

## Self-Care & Grounding Plan Worksheet

### Grounding Strategies I Can Use:

(choose 3+)

- Safe Place Visualization
- Deep Breathing
- 5-4-3-2-1 Grounding (5 things you see, 4 you feel...)
- Gentle Movement (walk, stretch)
- Hold a comforting object (stone, soft item)
- Listen to calming music
- Journaling

### My Personal Emergency Grounding Plan:

- **When I feel overwhelmed, I will:**

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- **Who can I contact for support?**

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- **Positive Affirmations to Tell Myself:**

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