



Coming Home to Your Body

A gentle 7-day practice to help you stay present when stress tries to pull you away. If you've found this toolkit, you're already taking the bravest step—choosing to stay present in your own life.

Your Grounding & Presence Toolkit

This comprehensive toolkit gives you everything you need to practice grounding techniques that bring you back into your body when dissociation, anxiety, or stress tries to pull you away. These tools are designed to be gentle, accessible, and deeply effective.



Pocket Grounding Cards

Four printable cards you can carry anywhere for instant support



7-Day Practice Plan

A structured yet flexible journey to build your grounding practice



Daily Check-Ins

Reflective prompts to track your progress and patterns



Emergency Protocol

Immediate support for intense dissociation moments

Each tool in this kit has been carefully designed to help you reconnect with your body and the present moment. Let's begin this journey together.

Your Four Pocket Grounding Cards

Print and cut these cards out—keep one in your wallet, pocket, or phone case. These quick techniques are scientifically proven to interrupt dissociation and bring you back to the present moment. Each card offers a different sensory pathway home to your body.

☐ Card 1: The Quick Ground

When you feel yourself drifting:

1. Name 5 things you can see
2. Feel 4 things you can touch
3. Hear 3 sounds around you
4. Notice 2 things you can smell
5. Take 1 deep breath

You are here. You are safe.

☐ Card 2: Walking Meditation

As you walk anywhere:

- Left foot: "I'm safe"
- Right foot: "I'm home"

Repeat slowly. Feel your feet connecting with the ground beneath you.

☐ Card 3: The Anchor

Your two-syllable word:

Choose a word like "peaceful," "grounded," or "present."

Close your eyes. Let it bounce gently in your mind for 60 seconds. Let it bring you back.

☐ Card 4: Self-Soothing Touch

Right now:

Wrap your right arm across your chest. Hold your left shoulder. Squeeze gently.

Say aloud: "I can take care of me."

Feel the warmth. You are held.

Your 7-Day Coming Home Practice

This week-long journey is designed to help you build a sustainable grounding practice. Each day introduces a new technique or deepens your connection to one you've already tried. Remember: there's no perfect way to do this—only your way. Be patient and compassionate with yourself as you learn.

Day 1: Awareness

Simply observe when you feel disconnected. What was happening right before? No judgment—just witness. Set an intention: "Today I'll notice when I start to drift."

Day 3: Finding Your Anchor

Test 5 different two-syllable words. Which one feels most calming? Use your anchor word whenever you feel stress rising throughout the day.

1

2

3

4

Day 2: The Hug

Morning, noon, and night: give yourself a one-armed hug. Hold for 10 seconds. Notice the sensation and warmth of your own touch.

Day 4: Walking Ground

Before anything else, try the walking meditation for 2 minutes. Use it whenever you're moving—to the bathroom, to your car, around your home.

Days 5-7: Deepening Your Practice



Day 5: Affirmation + Touch

Choose your affirmation: "I can take care of me" or "I am safe right now" or "I'm allowed to feel what I feel." Three times today, stroke your forearm while speaking your affirmation aloud. Did you believe your own voice?



Day 6: Sensory Grounding

Gather your tools: ice cubes or ice pack, a textured object like a stone or ribbon, and create a grounding playlist with 3-5 songs. Practice using each one to discover which feels most effective for your unique body.

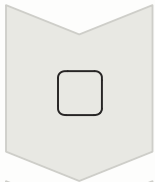


Day 7: Integration

Today, use whichever tools feel right in the moment. Trust yourself. There's no perfect way—only your way. Reflect on what changed this week and which tool you'll continue using moving forward.

Emergency Grounding Protocol

When dissociation feels intense and you need immediate support, follow this five-step protocol. Each step is designed to interrupt the dissociative response and bring you back to safety and presence.



STOP

Say out loud: "I'm having a stress response. This will pass." Naming what's happening reduces its power.



COLD

Grab ice. Hold it tight. Let the sensation shock you back. Cold is one of the fastest ways to interrupt dissociation.



GROUND

Stomp your feet. Feel the floor beneath you. Physical movement reconnects you with your body.



BREATHE

4 counts in. Hold 4. 4 counts out. Hold 4. Repeat 3 times. Box breathing calms your nervous system.



CALL

If you need support: WhatsApp +254 720 202 299 or email hello@arcaneguides.com. You don't have to do this alone.

Understanding Your Triggers

Tracking your dissociation patterns helps you prepare and protect yourself. When you understand what precedes dissociation, you can intervene earlier and more effectively.

Track these elements:

- Date and time
- What happened before
- Physical sensations
- Location and people present
- Trigger type (sound/touch/sight/smell)

After two weeks of tracking, review your notes. Do you notice patterns? Certain times of day? Specific situations? This awareness is power.

Daily Check-In Prompts

Use these questions each evening to track your progress and deepen your self-awareness. Honest reflection helps you understand what's working and what needs adjustment.

Week 1 Questions

1. On a scale of 1-10, how present did I feel in my body today?
2. When did I feel most grounded?
3. When did I start to drift away?
4. What brought me back?
5. What do I need more of tomorrow?

Week 2 Questions

1. Which grounding tool did I reach for most often?
2. Am I catching myself earlier when I start to dissociate?
3. What feels different in my body compared to last week?
4. What's still hard?
5. What small victory can I celebrate?

Healing isn't linear. Progress isn't perfect. What matters is that you keep trying.

When to Seek Professional Help

These tools are powerful, but please reach out to a trauma-informed therapist if dissociation is significantly impacting your life. Professional support can make all the difference in your healing journey.

Signs You May Need Support

- Dissociation interfering with daily life, work, or relationships
- Experiencing dissociation multiple times per day
- Losing significant chunks of time regularly
- Feeling unsafe or having thoughts of self-harm
- Suspecting unprocessed trauma

Effective Therapy Types

- EMDR (Eye Movement Desensitization and Reprocessing)
- Somatic Experiencing
- Internal Family Systems (IFS)
- Sensorimotor Psychotherapy
- Trauma-focused CBT

You're not broken. You're healing. And that's incredibly brave.

You're Doing Something Incredibly Brave

Coming home to your body after years of leaving isn't easy. Some days you'll use these tools and they'll work beautifully. Other days you'll still drift away, and that's okay. What matters is that you keep choosing to stay, even when it's hard.

Additional Resources

Books: *The Body Keeps the Score* by Bessel van der Kolk, *Waking the Tiger* by Peter Levine

Apps: Insight Timer (free guided meditations), Calm (body scan meditations), Rootd (panic and anxiety support)

We're Here for You

Working through dissociation can feel lonely. If you'd like a human to walk beside you as you practice these tools, we're just a message away.

WhatsApp: +254 720 202 299

Email: hello@arcaneguides.com

You are learning a new language—the language of presence, of groundedness, of being fully here for your own beautiful, complicated life. Be patient with yourself.

With care, The Arcane Guides Team