



COME BACK TO THE MOMENT

THE 3-2-1 GROUNDING PROCESS A SIMPLE RESET FOR PRESENCE

When stress, distractions, or overwhelm pull you out of focus, the 3-2-1 process is a quick way to get back into your body and the present moment.

It works by engaging your senses - sight, touch, and sound - which naturally brings your attention out of racing thoughts and into direct contact with reality.

This helps calm your nervous system, shift from reactive mode to responsive presence, and reconnect with clarity and flow.

When to Use It:

- Before stepping into a difficult conversation or meeting
- When you feel scattered or overwhelmed
- When you are stuck or out of flow in a creative project
- -Anytime you notice yourself lost in overthinking

It only takes about 30 seconds, and you can do it anywhere.

How to Do the 3-2-1 Grounding Process:

1. Notice 3 things you can see - Name three objects around you. Example: 'My coffee cup, the window, my notebook.'

2. Notice 2 things you can hear - Tune into the sounds of your space. Example: 'The hum of the heater.'

3. Notice 1 thing you can feel - Pay attention to physical sensations. Example: 'My feet on the floor, the fabric of my shirt.'

Take a slow breath after each step. Feel yourself arriving in the moment - clearer, calmer, more present.