

Applied Grounding & Self-Soothing Protocol

"You must learn to sit with the chaos until peace returns." Sylvester McNutt III

Somatic Awareness Technique: 5-4-3-2-1 Method

Systematically engage your five senses to disrupt cycles of anxiety and dissociation:

- 5 things you can see (observe textures, movement, or contrast)
- 4 things you can touch (note weight, temperature, or sensation)
- 3 things you can hear (distant sounds, internal noise, silence)
- 2 things you can smell (environmental cues, fabric, skin)
- 1 thing you can taste (gum, coffee, the breath itself)

Record how each sense grounded you in the moment.

Box Breathing Regulation Exercise

Inhale for 4 counts hold for 4 exhale for 4 hold for 4. Repeat 46 cycles. As you breathe, envision tracing the edges of a box. This supports parasympathetic activation and physiological calm.

Restorative Affirmation for Autonomy and Presence

I am not my fear. I am not my past. I am here. I am whole. I am choosing presence, one breath at a time.