



The Midlife Grounding Menu™

Choose one practice that fits the time, energy and privacy you have right now.



30 SECONDS

- ☐ Press both feet into the floor.
- ☐ Name three things you can see.
- ☐ Relax your tongue and jaw.



2 MINUTES

- ☐ Hold a warm or cool object.
- ☐ Listen for the farthest sound you can hear.
- ☐ Slowly roll your shoulders.



5 MINUTES

- ☐ Step outside and notice the air.
- ☐ Walk slowly without checking your phone.
- ☐ Stretch while breathing comfortably.



10 MINUTES

- ☐ Take a quiet walk and notice your surroundings.
- ☐ Sit with a warm drink without multitasking.
- ☐ Listen to calming music with your eyes closed.

CHOOSE BY WHAT YOU NEED



RACING THOUGHTS:
Use your senses.



TENSION:
Try gentle movement.



DISCONNECTION:
Feel your feet and surroundings.



GENTLE REMINDER

Grounding is not about forcing yourself to calm down. It is a way to reconnect with the present moment.



Martine's Midlife Wellness Tip

Keep two favorite practices in mind so you do not have to make a decision when stress is already high.

