

Grounding & Stabilization

A FREE GUIDE TO EMDR, SOMATIC TOOLS & JOURNAL PROMPTS

Recommended Reading:

"What Happened to You?" by Dr. Bruce Perry & Oprah Winfrey — a compassionate, accessible look at how trauma shapes us, and why stabilization and grounding are an essential first step in healing.

What Is EMDR?

Helps the brain reprocess distressing memories using bilateral stimulation — eye movements, taps, or sounds — so a memory can shift from feeling present-tense to feeling past.

What Are Somatic Interventions?

Works with the nervous system directly, not just the narrative — helping the body learn safety, since trauma often lives in the body in ways talking alone can't reach.

Grounding Techniques

Simple, body-based tools to use anytime you feel activated or overwhelmed

5-4-3-2-1 Senses

Name 5 things you see, 4 you touch, 3 you hear, 2 you smell, 1 you taste — brings attention back to the present through your senses.

Paced Breathing

Inhale for 4 counts, hold for 4, exhale for 6. A longer exhale than inhale signals safety to your nervous system.

Orient to the Room

Slowly look around and name what you see. Remind your body: I am here, now, in this room.

Weighted Pressure

A weighted blanket, a firm hug, or pressing your feet into the floor helps your system feel contained and safe.

Gentle Movement

Stretch, walk, or shake out your hands — movement helps discharge activation stored in the body.

Orienting Touch

Place a hand on your chest or belly and simply notice your breath moving, without needing to change it.

Journal Prompts for Reflection

Gentle prompts for self-awareness — not a substitute for processing work with a therapist

- *What does my body feel like right now, in this exact moment?*
- *Where do I notice calm or ease today, even briefly?*
- *What's one small thing that helped me feel safe today?*
- *If the part of me that's anxious or overwhelmed could speak, what would it want me to know?*
- *What is my body telling me that words haven't caught up to yet?*
- *What am I grateful my body did for me today?*
- *What does my nervous system need from me right now — rest, movement, connection, quiet?*

Ready to talk to someone?

Book a Free Consultation → soulflotherapy.com/booking

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Meet Our Therapists

A collective of EMDR-trained therapists supporting trauma, identity, and connection



Nancy Phung-Smith, LMFT

Founder & Clinical Director

EMDR, IFS & Brainspotting intensives for high-functioning adults with complex trauma and C-PTSD.



Mai Eguchi, AMFT

Registered Associate MFT

Supports multicultural, highly sensitive, and anxious-achiever clients through EMDR and attachment-based work.



Brittney Raymond, AMFT

Registered Associate MFT

Works with millennials, creatives, and LGBTQ+ clients using EMDR, IFS, and CBT to break unhelpful patterns.



James Bui, ASW

Registered Associate CSW

Culturally responsive, DBT-certified support for professionals, caregivers, and People of Color navigating burnout.



Jenny Vu, AMFT

Registered Associate MFT

Helps overthinkers and couples in conflict understand their patterns using EMDR and the Gottman Method.



Nan Wang, APCC / AMFT

Registered Associate Counselor & MFT

EMDR-trained support for burnout, first-generation professionals, and families across the lifespan.



Karen Xie, AMFT

Registered Associate MFT

IFS-informed care for perfectionism, grief, and multicultural identity, with a focus on AAPI experience.

Ready to find your fit?

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