

WHAT I USED TO *Recenter*

A 3-step grounding practice for when emotions feel too heavy

Step 1: Sound

Album: Soil of Healing Affirmations

Artists: Deepak Chopra & Adam Plack

- Put on headphones or play softly in the background
- Let the words and tones create space between you and your stress

Step 2: Sip

Drink: Chamomile tea

- Brew slowly and intentionally
- Sip while breathing, letting each swallow be a release

Step 3: Breathe

Breathing Technique: 4-4-8

- Inhale for 4 seconds
- Hold for 4 seconds
- Exhale for 8 seconds
- Repeat 3–5 times (or until you feel your shoulders drop)

Affirm to Close:

“I release what is not mine. I return to myself.”