

Grounding Reset plus Information Guide

A short 3 to 5 minute reset

*From Complexity to Clarity
Compassionate Counselling for Grief, Trauma and Life Transitions*

Grounding Reset

Take a moment before you keep reading. This is a short 3 to 5 minute reset to help your system arrive.

Find a comfortable place to sit. Softly place your hands on your knees or in your lap.

Look around the room slowly. Let your eyes wander without rushing. Notice colours, shapes, light, shadows. Let your gaze settle on something that feels pleasant or neutral. Give your nervous system a moment to register that nothing is demanding anything from you.

Feel the contact beneath you. Your feet on the floor. The weight of your body held by the chair or couch. Notice where your body softens even a little. Let your breath move at its own pace. No performance. No correction. Just noticing.

Breathe in gently through your nose. Then exhale with a long, steady breath through your lips as if blowing through a straw. Let the exhale be slower than the inhale. Do this three to five times. Let your shoulders drop with each breath out.

Name something real in this moment. "I see the way the light lands on the wall." "I hear the quiet hum in the room." "I feel my hands warming." This simple naming anchors your attention in the present.

Now place one hand on your chest or belly. Feel the warmth of your own touch. Let it be a signal to your body that you are here, you are present, and you are safe enough in this moment.

Use this reset anytime you feel overwhelmed, stressed or disconnected. With practice your body remembers how to return to centre.

I hope you found this useful. Its a simple exercise to help regulate your nervous system. I use established psychological and trauma informed modalities along with somatic practices to integrate your healing for all of you.

Working With Me

I support adults moving through grief, trauma, anxiety, identity changes and life transitions. Sessions move at your pace.

I work collaboratively and at your pace.

I aim to build strong therapeutic rapport and supportive communication so that you feel safe enough to explore what is happening beneath the surface.

I provide a warm and adaptive environment, offering in person and Telehealth sessions, with the option of phone support when accessibility is a barrier.

My approach is individualised, and is guided by what is most helpful for your nervous system and your goals.

My Commitment to You

My commitment to you is to offer a safe and supportive therapeutic space where you can understand your inner world, process what has been disturbing, uncomfortable or overwhelming and move forward in a way that feels grounded and sustainable.

Session Options

- Intro call: complimentary 15 minute phone consult.
- Telehealth across Australia and internationally in selected time zones.
- In clinic sessions in Altona, VIC
- Phone sessions for accessibility needs after an initial appointment.
- Session length: 60 or 90 minutes

Location

Altona Wellness Hub Three to four minute walk from Altona Station Three hour parking outside and all day parking nearby.

Booking

You can book through Halaxy or my website. Telehealth requires a stable internet connection and a private space.

Professional Information

Registered with AASW, Trained in EMDR and Non Directive Pregnancy Counselling. Additional training in Somatic Therapy. Fully insured.

Payments and Changes

Sessions are paid at the time of your appointment. If you need to change or cancel please give twenty four hours notice. Late cancellations attract a fifty dollar fee unless rescheduled within seven days. Emergencies are handled with understanding.

Privacy

All sessions follow Australian privacy standards. Telehealth platforms and communication are secure and encrypted.

Contact

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