



Grounded & Anchored

A Faith-Based Emotional Regulation
Tool for Mental Health Professionals

A gentle, scripture-centered resource to help you
pause, regulate, and reconnect during emotionally
demanding days.

“Be still, and know that I am God.”

Psalm 46:10



PURPOSE

Why This Resource Exists

As therapists, we are often skilled at helping others regulate their emotions—yet we may struggle to slow down long enough to ground ourselves.

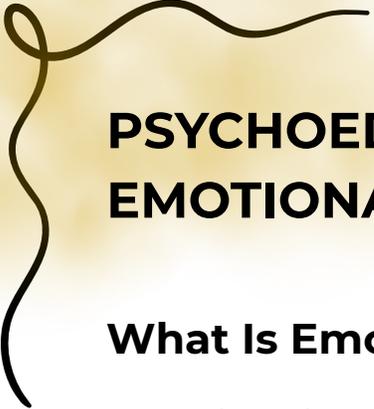
This resource was created specifically for **mental health professionals** who want a way to support emotional regulation that honors both clinical **wisdom and spiritual grounding**.

This is not about suppressing emotions.

It's about **anchoring them**—with intention, compassion, and faith.

How to Use This Tool

- Use during a break between sessions
- At the start or end of your workday
- When emotions feel heavy, flooded, or unsettled
- No “right way” — simply show up as you are



PSYCHOEDUCATION: EMOTIONAL REGULATION & FAITH

What Is Emotional Regulation?

Emotional regulation is the ability to notice, name, and respond to emotions in a way that supports well-being rather than overwhelm.

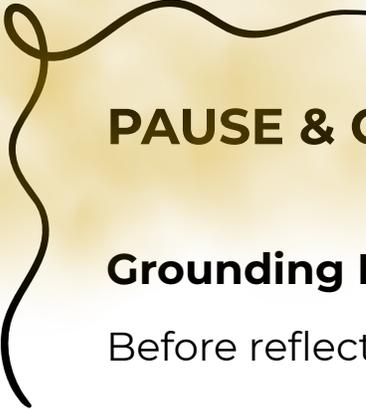
For therapists, emotional dysregulation often shows up as:

- Emotional exhaustion
- Compassion fatigue
- Numbness or irritability
- Difficulty transitioning between roles

A Faith-Based Perspective

Faith does not ask us to deny emotions—it invites us to **bring them into awareness, offer them compassion, and anchor them in truth.**

Scripture reminds us that rest, grounding, and renewal are not indulgent—they are necessary.



PAUSE & GROUND (BODY AWARENESS)

Grounding Practice (2–3 Minutes)

Before reflecting, pause your body.

- Place both feet on the floor
- Take three slow, steady breaths
- Gently notice your body without judgment

Reflection Prompt:

What sensations do I notice in my body right now?
(Examples: tightness, heaviness, warmth, calm, tension)

Write or Reflect:



EMOTIONAL CHECK-IN

Naming Without Judgment

Emotions are information, not indicators of failure.

Complete the following:

Right now, I notice I am feeling:

- Overwhelmed
- Tired
- Anxious
- Sad
- Grounded
- Other: _____

Reflection Prompt:

If this emotion had a message, what might it be asking for?



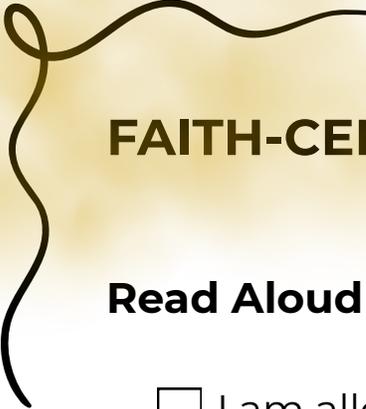
SCRIPTURE-BASED ANCHORING

Choose One Scripture to Anchor With

- “Come to me, all who are weary...”* — Matthew 11:28
- “The Lord is close to the brokenhearted...”* — Psalm 34:18
- “My grace is sufficient for you...”* — 2 Corinthians 12:9
- Write your own verse: _____

Reflection Prompt:

How does this scripture speak to what I am carrying right now?



FAITH-CENTERED AFFIRMATIONS

Read Aloud or Silently

- I am allowed to pause without guilt.
- My worth is not measured by productivity.
- I can hold space for others without abandoning myself.
- God meets me in rest, not just effort.

Optional Reflection:

Which affirmation do I need to carry into the rest of today?



CLOSING INTEGRATION & NEXT STEPS

Gentle Integration

Before returning to your day, complete this sentence:

Right now, the most compassionate next step for me is:

Reminder

This practice is not meant to “fix” you.

It is meant to **support you.**

Self-care rooted in faith is not selfish—it is sustaining.