



The HEALS™ Care Card

A Gentle Guide for Right Now

Keep this Close. You are safe to begin here.

Step 1 - Ground

Ground - Come Back to This Moment

Place both feet flat on the floor. Notice the weight of your body in the chair. Take one slow breath in through your nose... and release it through your mouth. You do not need to fix anything right now. You are here. That is enough.

Step 2 — Choose

Choose — Honor What You Need

Ask yourself gently: What do I need right now, stillness, movement, comfort, or connection? There is no wrong answer. Your needs are not too much. Choose one small thing that feels safe.

Step 3 — Regulate

Regulate — Return to Your Rhythm

Place one hand on your heart and one on your belly. Breathe slowly — in for four, hold for four, out for six. Repeat until you feel your body begin to soften.

Whisper to yourself: I am returning into who I am.

You are held. You are whole. You are becoming.

Connie Ruth | Mend Your Broken Pieces™

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