

KHUSHIYAAN

Clinic

The Somatic Check-In Toolkit for Healing

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This toolkit offers essential practices and insights to facilitate emotional regulation and **mindful awareness** in a safe, supportive environment for individuals and practitioners alike.



The 5-Sense Grounding Scan

Anchor yourself through the senses.

A go-to practice to bring you back to the here and now.

Try this:



5 things you can
see



4 things you
can touch



3 things you
can hear



2 things you
smell



1 thing you can
taste

(You can say them aloud if it helps anchor you.)

“Noticing is enough. You don’t need to fix anything.”

Exhale First Breathing

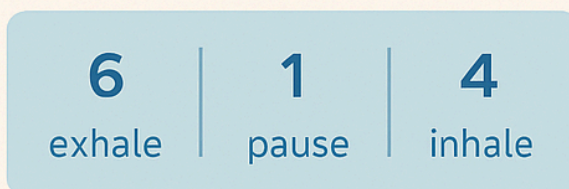
Reset your nervous system with a softer breath.



When we're anxious, we often breathe in too much. This helps reset the rhythm.

TRY THIS:

- Exhale slowly for 6 counts
- Pause briefly
- Inhale gently for 4 counts
- Repeat 3-5 times



This activates the vagus nerve, supporting calm and regulation.

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**HOW DID YOUR BODY
FEEL BEFORE AND AFTER?**



Sometimes peace begins with a longer exhale.

Body Boundary Press

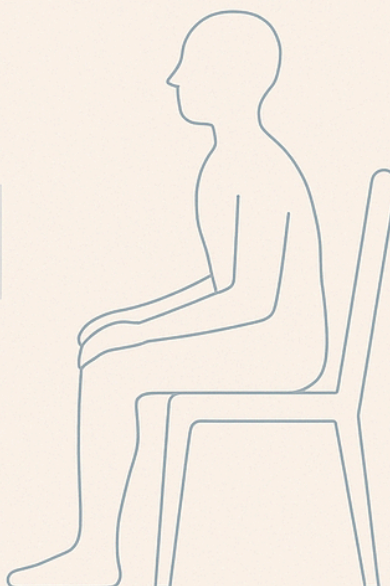
Reclaim your edges. Reclaim your space.



When you feel ungrounded, invisible, or overly porous – this helps you find where you begin and end.

Where did you feel most grounded?

Did anything shift in your posture or awareness?



Boundaries begin in the body.

Tension Mapping

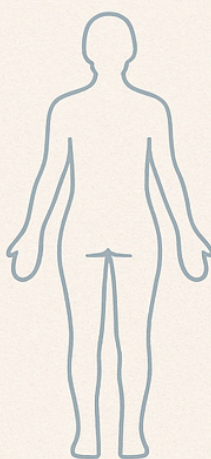
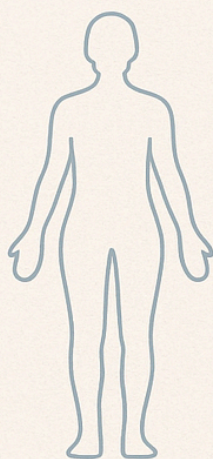
Awareness before change.

Instead of trying to relax, we just notice.
Awareness is its own medicine.

Try this:

- Close your eyes and scan your body
- Where is there tension?
- Where is there ease?
- Where is there numbness or blankness?

You don't need to change anything —
just map what is.



tension



ease



blank

“What we notice, we can tend to.”

Self-Touch as Soothing

Reclaim comfort as your birthright.



For moments of loneliness, grief, or self-judgment.

Try this:

- Place one hand on your chest
another on your belly or upper arm
- Feel the warmth of your touch
- Breathe and repeat softly:
“I am allowed to *comfort* myself.”

When do you most need this practice?

What was your experience today?

You are allowed to feel held — by you.