

Counterbalance Practice, Non Denominational

A short daily routine using grounding, compassion, and practical help. Updated 22 February 2026.

Aim

These practices assume a simple principle. Cruelty spreads through attention and reactivity. Your best counterbalance is a steady mind, a compassionate heart, and clear action where you can act.

You do not need fixed beliefs for this. Treat it as nervous system regulation plus deliberate compassion, then convert it into practical help.

Daily routine, 8 to 15 minutes

- Grounding: feel your feet and seat. Exhale longer than you inhale for 2 minutes.
- Name what is present, fear, anger, grief, then let it move through without feeding it.
- Compassion: bring to mind people who suffer. Repeat: "May you be safe. May you be supported. May you heal."
- Visualise many small points of calm across the world, including you. You are joining a network, not saving it alone.
- Choose one concrete action for the week, donation, message of support, volunteering, reporting concerns, or learning safeguarding basics.

Boundary statement

I refuse to feed fear. I choose steadiness, clarity, and compassion. I will act where I can act, and I will rest when rest is needed.

Weekly action list

- One hour: volunteer, train, or support a local service.
- One donation: set up a small monthly amount to a reputable organisation.
- One conversation: encourage a friend to take mental health and safeguarding seriously.

Warning sign

Stop and simplify if your practice increases fear, insomnia, paranoia, or obsessive thinking. Return to breath, body, ordinary routines, and trusted people. A good practice makes you steadier and more useful.