

A Rockstar Guide to: GROUNDING

Grounding is a set of strategies to help if you are feeling overwhelmed. It helps anchor you to the present and helps to remind your mind that you are safe. Grounding can be done anytime, anywhere!

Mental Grounding

- Describe your environment in detail, using all your senses. Describe objects, textures, colors, smells, shapes, numbers, temperatures. Note: don't attach judgement, just notice what is.
- Play a categories game with yourself. For example, try to think of types of dogs, fruits, songs, tv shows...
- Describe an everyday activity in great detail. For example cooking.
- Read something, saying each word to yourself.

Physical Grounding

- Run cool or warm water over your hands.
- Grab tightly to your chair.
- Touch various objects around you (pen, blanket, paper, walls). Notice textures, colors, materials, weight, temperature. Compare objects as you touch. Which one is colder, lighter?
- Stretch, move your body.
- Walk, notice each step.
- Coloring pages. You can also notice and name each color you use.
- Focus on your breathing. Notice each inhale and exhale.

Soothing Grounding

- Think of favorites. Your favorite color, animal, season, food, time of day, movie, tv show, flower
- Remember a safe place. Describe a place that you find very soothing and safe like the ocean. Describe it in detail, using all your senses.
- Remember words to your favorite song or poem.
- Picture people you love and care about.
- Say kind statements to yourself "I will get through this. I am strong."