



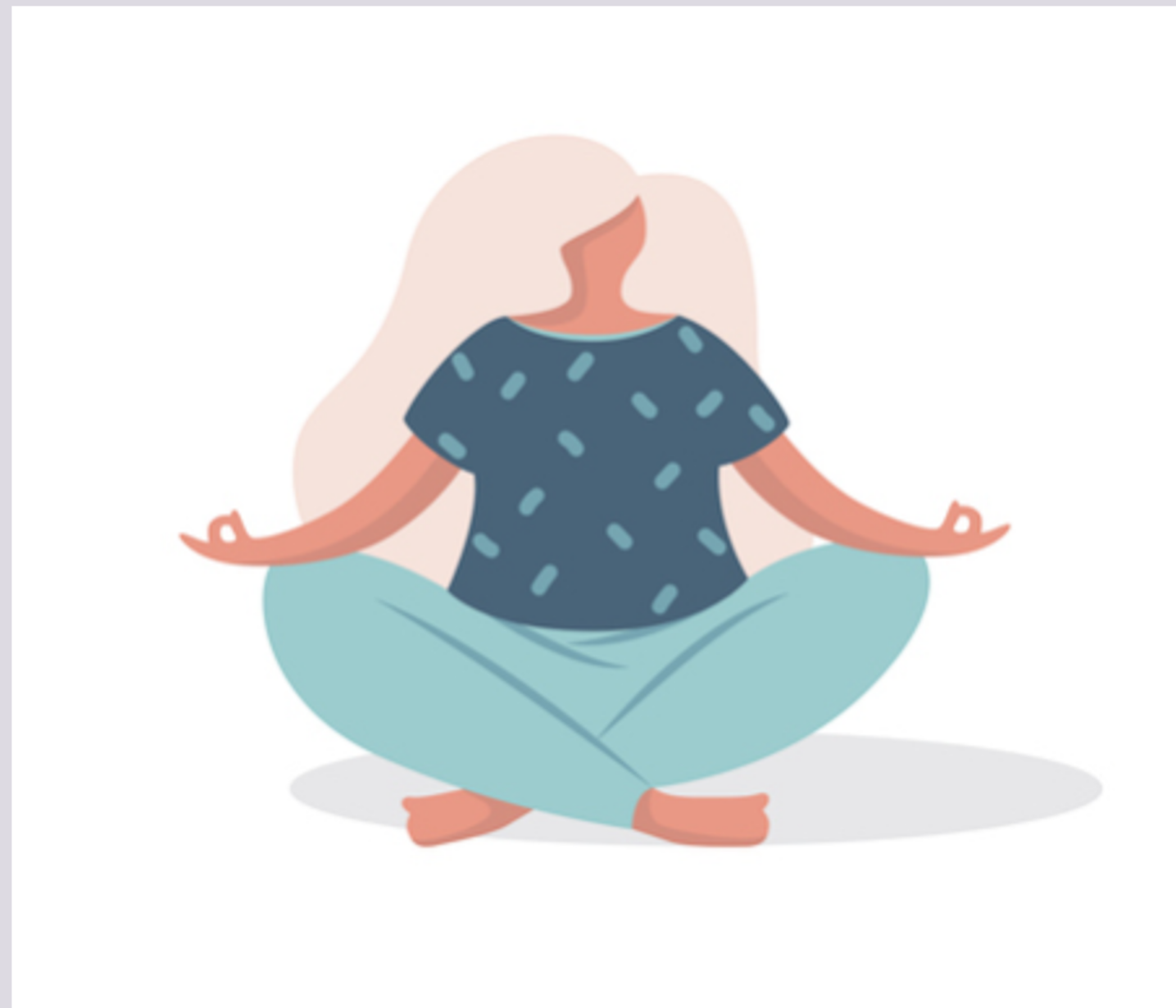
# Are you Anxious?

## Time to Get Grounded!

### The Student Resilience Project



# What is Grounding?



Grounding is a technique aimed at helping people overcome challenges by reconnecting with their surroundings.

Grounding is focusing on our surroundings and the present moment instead of being trapped by the thoughts that cause us to feel anxious, overwhelmed, or out of control.

# 3 Types of Grounding

Physical	Mental	Soothing
Physical grounding focuses on tangible things that help people move through moment of distress. It is a helpful tool against dissociation, anxious feelings, or feeling disconnected with your body.	Mental grounding techniques help redirect our thoughts and attention away from negative feelings and back to the present.	These techniques can be used to comfort yourself in times of distress and help you feel good.

# Getting Started

To start practicing grounding techniques, there are a few things to keep in mind:

## **Keep going**

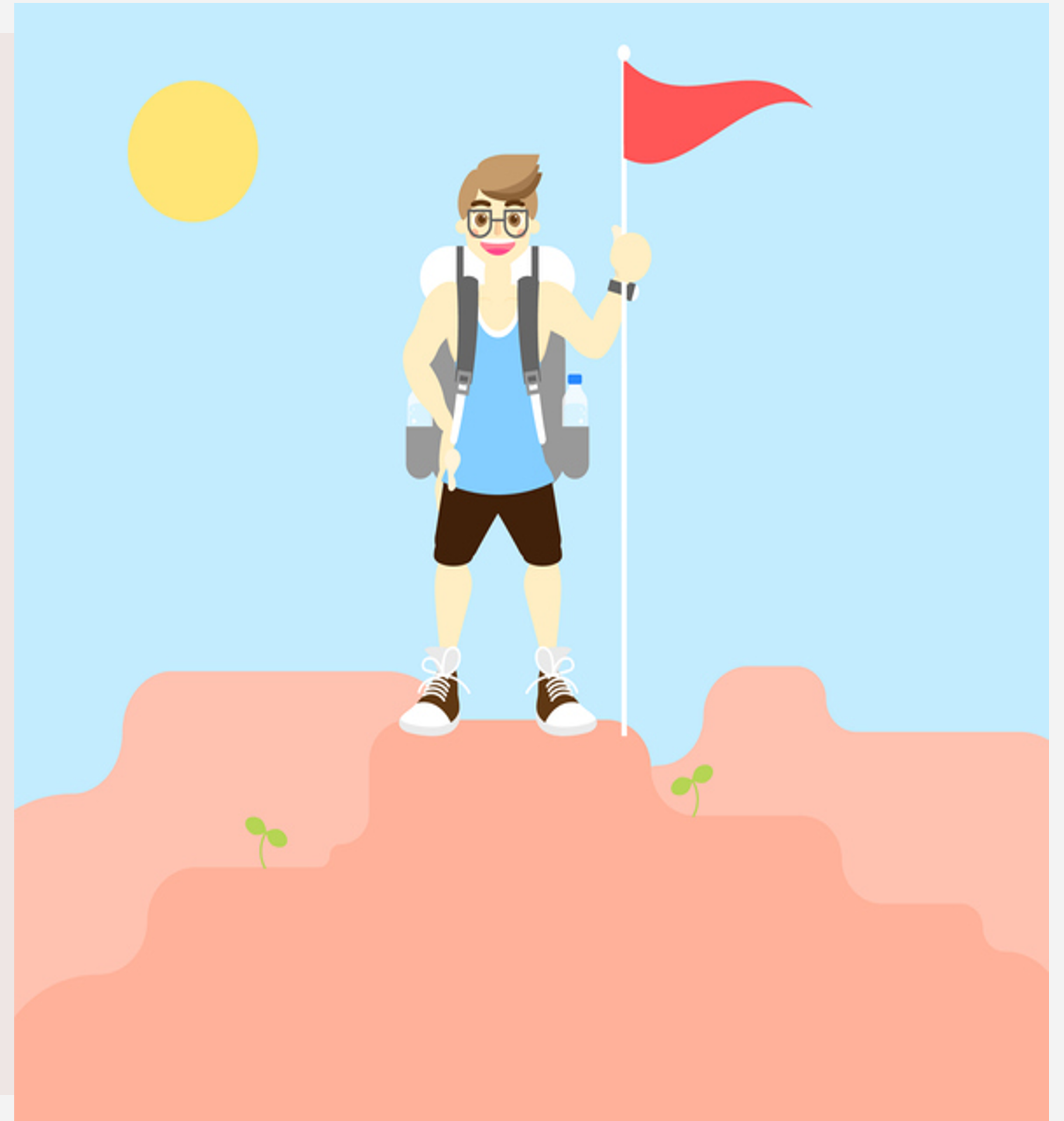
For grounding techniques to be effective, consistency and perseverance is key.

## **Be realistic**

Set goals that are attainable and grow as time goes by.

## **Customize to you**

While this toolkit gives several ideas on grounding, find techniques that best work for you.

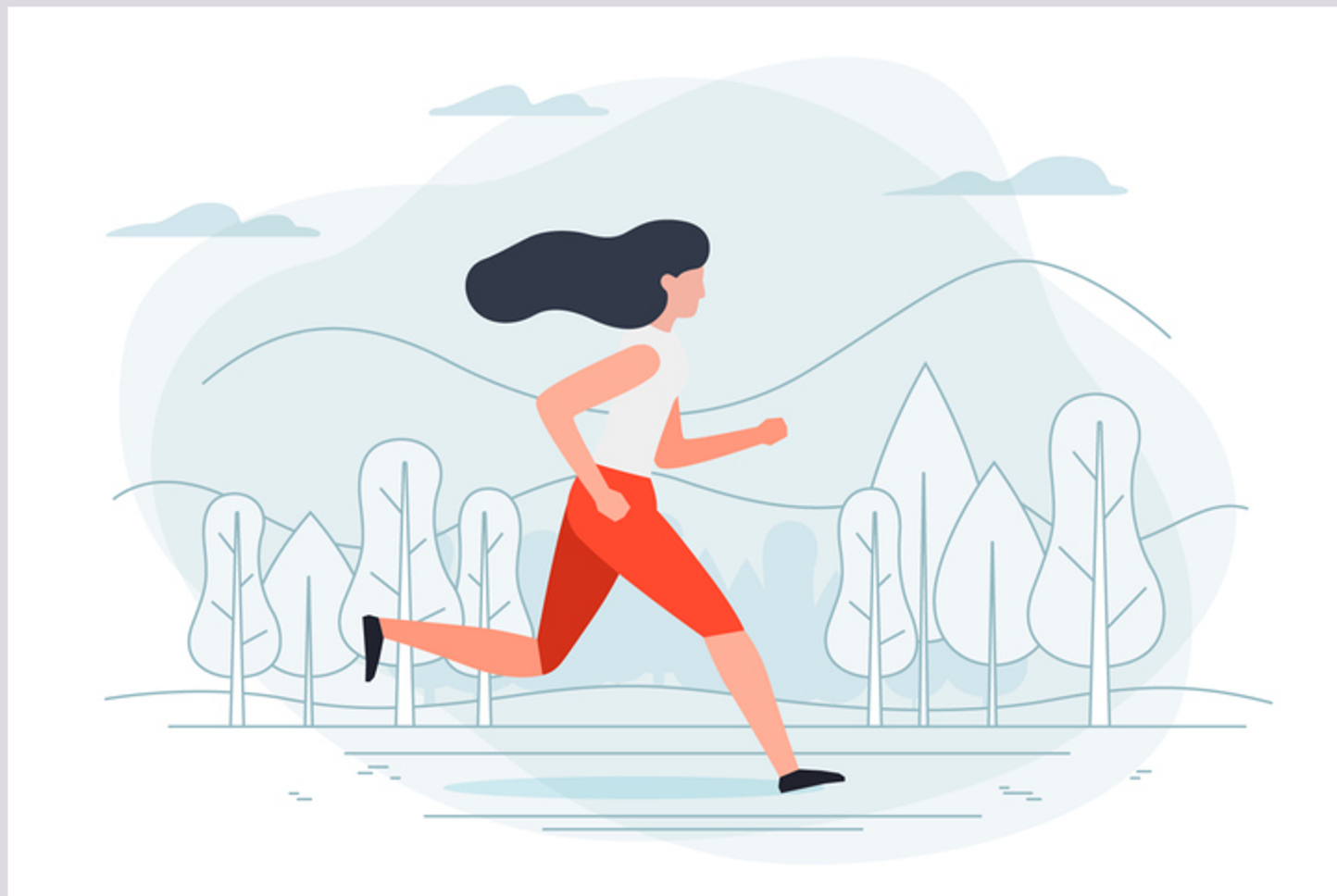




# Physical Grounding



# Tips for Physical Grounding



- Breathe deeply.
- Pick up an item nearby and focus on it.
  - How does it feel?
  - Where is it from?
  - What does it look like?
- Take a cold or warm shower / run water over your face.
- Go for a run, walk or any other form of exercise and focus on the sensations of the activity.
- Savor a taste or scent around you.

# The 5-4-3-2-1 Method

**5:** Acknowledge **FIVE** things you see around you.

**4:** Acknowledge **FOUR** things you can touch around you.

**3:** Acknowledge **THREE** things you hear.

**2:** Acknowledge **TWO** things you can smell.

**1:** Acknowledge **ONE** thing you can taste.

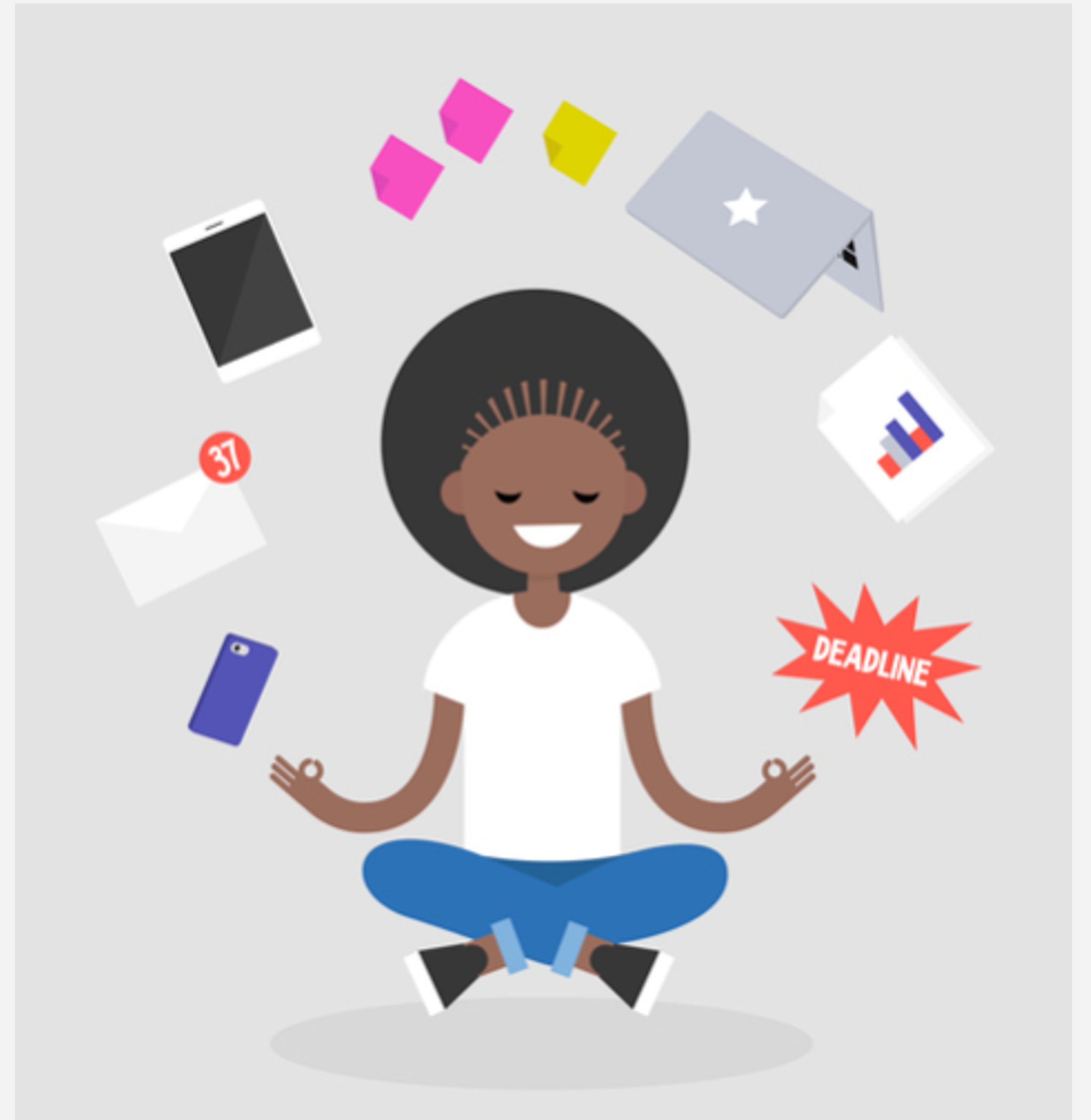


# Square Breathing

- Begin by slowly exhaling all your air out.
- Then, gently inhale through your nose to a slow count of 4.
- Hold at the top of the breath for a count of 4.
- Then gently exhale through your mouth for a count of 4.
- At the bottom of the breath, pause and hold for the count of 4.



# Mental Grounding





# Tips for Mental Grounding



- Find patterns in your environment.
- Describe your daily activities and tasks in detail.
- Recite a poem, song, quote, joke etc.
- Repeat anchoring phrases.
- Use math and numbers.
  - Run through the times tables.
  - Count backwards.

# Mental Grounding Games to Play

Category	Memory	Narrating
<p>Think of categories and list things in it, for example:</p> <ul style="list-style-type: none"><li>- animals</li><li>- colors</li><li>- books</li><li>- movies</li><li>- states/countries</li></ul>	<p>Try to remember experiences that have brought you great joy and peace. Visualize yourself there and picture every aspect of the situation and immerse yourself in it. Some examples are:</p> <ul style="list-style-type: none"><li>- favorite vacation</li><li>- best birthday</li><li>- significant milestone</li></ul>	<p>Focus on the world around you and try to narrate what is happening. You could:</p> <ul style="list-style-type: none"><li>- produce backstories for people you see.</li><li>- give landmarks new names.</li></ul>

# Soothing Grounding



# Tips for Soothing Grounding



- Touch something comforting.
- Plan your day in detail ahead of time.
- List positive things about your day/week/month.
- Find comforting music, books, shows, movies etc.
- Collect self-affirming quotes and gift them to yourself.
- Visualize positive memories, scenarios, and thoughts.

# National Resources

National Sexual Assault Hotline – 800 656 4673

National Domestic Violence Hotline – 800 799 7233

Office of Victims of Crime - <https://www.ovc.gov/help/tollfree.html>

National Sexual Violence Resource Center - [nsvr.org/elearning/grounding-tools](https://nsvr.org/elearning/grounding-tools)



# FSU Resources

Academic Center for Excellence - 850 645 9151 and [tutor@fsu.edu](mailto:tutor@fsu.edu)

University Counseling Center - 850 644 8255 and [counseling.fsu.edu](http://counseling.fsu.edu)

Student Resilience Project - 850 644 1715 and [strong.fsu.edu](http://strong.fsu.edu)

FSU Psychology Clinic - 850 644 3006 and [psy.fsu.edu](http://psy.fsu.edu)

Human Services Center - 850 644 3857 and [hsc@coe.fsu.edu](mailto:hsc@coe.fsu.edu)

# Grounding Toolkit

What is grounding?

Grounding is focusing on our surroundings and the present moment, instead of being trapped by the thoughts that cause us to feel anxious, overwhelmed, or out of control.

List three things for each category that help you stay grounded.

## Physical Grounding

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Mental Grounding

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Soothing Grounding

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



# Grounding Toolkit

What is grounding? Grounding is focusing on our surroundings and the present moment instead of being trapped by the thoughts that cause us to feel anxious, overwhelmed, or out of control.

**List three things that make you feel stressed, anxious, or overwhelmed.**

1.

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2.

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3.

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**Now, list three things that help you feel more relaxed, peaceful, and joyful.**

1.

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2.

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3.

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# Grounding Toolkit

What is grounding? Grounding is focusing on our surroundings and the present moment instead of being trapped by the thoughts that cause us to feel anxious, overwhelmed, or out of control.

Keep the following questions in mind when feeling like you're in a crisis. You can either write them down or answer them in your head.

List 2 things that make you happy.

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What is something good about you?

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What can you do to make tomorrow a better day?

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