Slide 1

Grounding Techniques

Nicole Fine

Slide 2

What is Grounding?

Great strategies to cope with stress!

* These techniques are used to help redirect your thoughts away from distressing feelings and help you reconnect with the present
* Can be done by anyoneSlide 3

5-4-3-2-1 Technique

* 5 things you can see
* 4 things you can feel
* 3 things you can hear
* 2 things you can smell
* 1 thing you can taste
* Has you use all 5 senses to help bring you back to the present and help you feel more in control
* Can be done anywhere!

Slide 4

Frozen Orange Technique

* Bring orange to palm of your hand
* Connect to the physical sensation
* Think about how it is cool to the touch, how heavy it is, how bright and colorful it looks
* Scratch the outside, smell how refreshing the citrus scent is!Slide 5

Box Breathing

Also known as square breathing or the 4-4-4 technique:

* inhale for 4 seconds
* hold your lungs full of air for 4 seconds
* exhale for 4 seconds
* hold your lungs empty for 4 seconds

Time to practice!Slide 6

Make A Grounding Kit!

Here are some things you can have with you to stimulate your senses:

* Scented hand sanitizer
* Hand lotion
* Candy
* Small candle
* Beverage
* Items with texture

Slide 7

You Achieved Mindfullness!

By practicing the techniques from earlier you practiced having moment-by-moment awareness of your:

* Thoughts
* Feelings
* Bodily sensations
* Surrounding environment

Slide 8

Be Kind to Yourself

Be sure to do activities that you enjoy!

* Painting
* Listening to music
* Spending time with friends or family
* Writing in a journal
* Reading

Check out Natalie's presentation on **What Does "Wellness" Mean to You**

* Go to FSU OAS page
* Get involved
* Upcoming & Past Events