Grounding Techniques
Nicole Fine
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 anyone
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!
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!
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!
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
By practicing the techniques from earlier you practiced having moment-by-moment awareness of your:

- Thoughts
- Feelings
- Bodily sensations
- Surrounding environment

You Achieved Mindfullness!
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