



# **Grounding Techniques**

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# 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



# You Achieved Mindfulness!

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

- Thoughts
- Feelings
- Bodily sensations
- Surrounding environment





# 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