

April 2020
Special Edition #5



THE WHALE WATCH

"Looking Out for Yourself and Others"

The Power of Grounding

In celebration of Earth Day this week, take a moment to get grounded!

Are you looking for ways you can feel calm in the moment? Need a moment to recharge? Grounding can be done discreetly and almost anywhere.

Grounding provides relief from negative feelings and brings you back to a safe place where you can feel recharged and be in control of your thoughts and emotions.



GET YOURSELF
GROUNDED AND
YOU CAN NAVIGATE
EVEN THE STORMIEST
ROADS IN PEACE.
STEVE GOODIER

BRIGHTDROPS.COM

In This Issue:

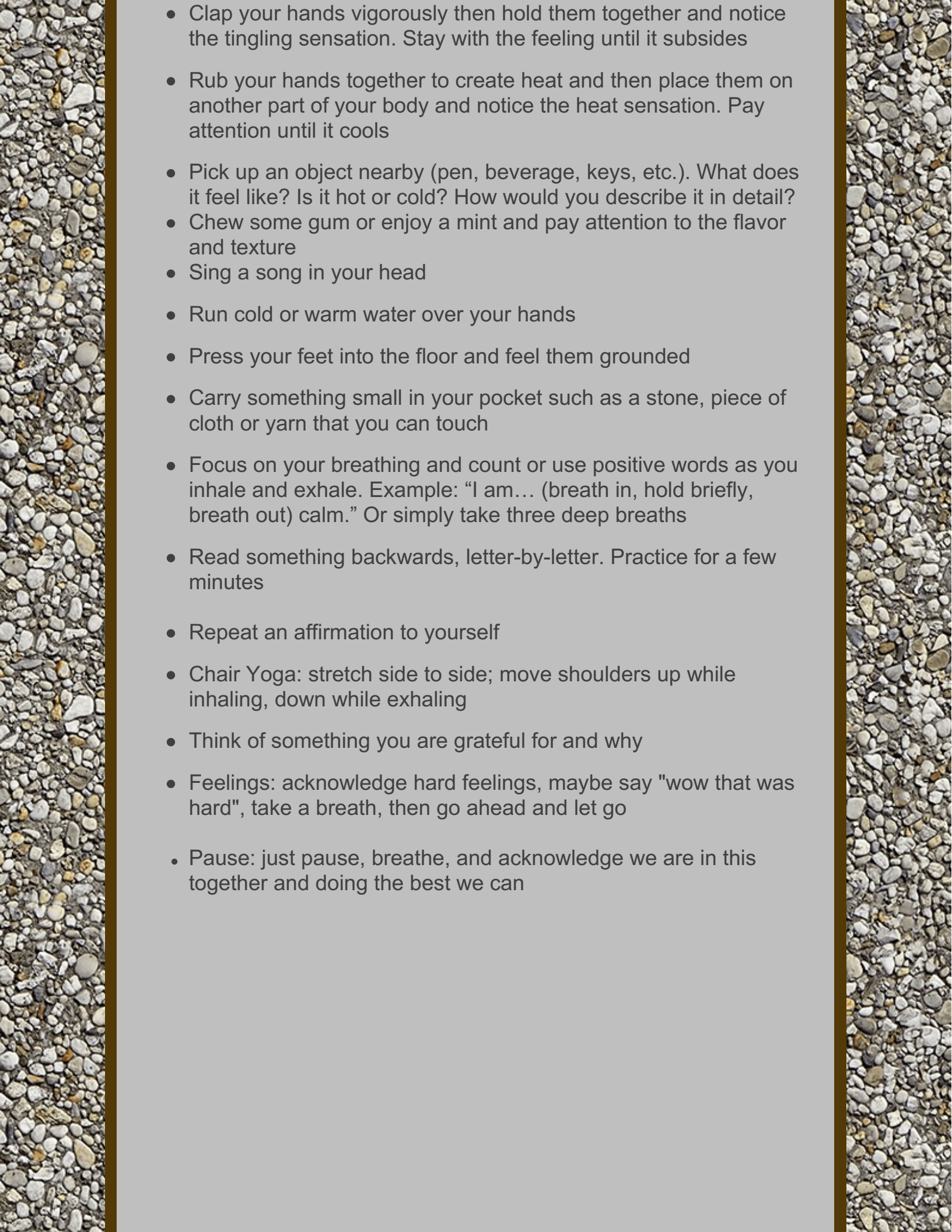
What is grounding?

Getting grounded

Resources and Connections

So here is how you can get grounded in the moment:

- Surroundings: describe them in detail. What do you see, hear, smell, touch, and taste?
- Pick a category: such as music, celebrities, food, countries, TV shows and name as many items as you can. For an extra challenge, name items in the category alphabetically
- Count backwards from 100 by 7

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- Clap your hands vigorously then hold them together and notice the tingling sensation. Stay with the feeling until it subsides
 - Rub your hands together to create heat and then place them on another part of your body and notice the heat sensation. Pay attention until it cools
 - Pick up an object nearby (pen, beverage, keys, etc.). What does it feel like? Is it hot or cold? How would you describe it in detail?
 - Chew some gum or enjoy a mint and pay attention to the flavor and texture
 - Sing a song in your head
 - Run cold or warm water over your hands
 - Press your feet into the floor and feel them grounded
 - Carry something small in your pocket such as a stone, piece of cloth or yarn that you can touch
 - Focus on your breathing and count or use positive words as you inhale and exhale. Example: "I am... (breath in, hold briefly, breath out) calm." Or simply take three deep breaths
 - Read something backwards, letter-by-letter. Practice for a few minutes
 - Repeat an affirmation to yourself
 - Chair Yoga: stretch side to side; move shoulders up while inhaling, down while exhaling
 - Think of something you are grateful for and why
 - Feelings: acknowledge hard feelings, maybe say "wow that was hard", take a breath, then go ahead and let go
 - Pause: just pause, breathe, and acknowledge we are in this together and doing the best we can

SIX WAYS TO PRACTICE GROUNDING

with anxiety + intense emotions



body

lay on the ground, press your toes into the floor, squeeze playdough



5 senses

wear your favorite sweatshirt, use essential oils, make a cup of tea



self-soothe

take a shower or bath, find a grounding object, light a candle



observe

describe an object in detail: color, texture, shadow, light, shapes



breathe

practice 4-7-8 breathing: inhale to 4, hold for 7, exhale to 8



distract

find all the square or green objects in the room, count by 7s, say the date



THE GROWLERY

Grounding Skills for Anxiety and Exam Preparation in Medical School

<https://blogs.uw.edu/wwamispn/mental-skills/test-anxiety/>

My TAO Tools – Mindfulness Library

Log-in thepath.taoconnect.org

Visit our [CSWCS page](#) for links, lighthearted videos, self-help tools and continue to monitor your NEOMED email for more information from the University and/or our Center as it pertains to this ever-evolving situation.

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