

MENTAL HEALTH

GROUNDING ACTIVITIES

Grounding activities, also known as "grounding techniques," help us redirect ourselves to reality and stay in the present moment. This means being aware of who you are, where you are, and what is happening around you at that precise moment. These activities can help you manage your emotional regulation. Grounding activities require us to take deliberate steps to move away from the deepest corners of our minds, whether they are painful memories or any other distress.



The goal of grounding activities is to engage with your surroundings and use your senses to stop negative thoughts and return to the present. It requires little mental effort, and personalization makes it easier to be successful. You can practice it anywhere you need. Remember to take your time and fully enjoy each step. Just trust your senses.

Watch the following video that explains grounding techniques:



Adults



Youth



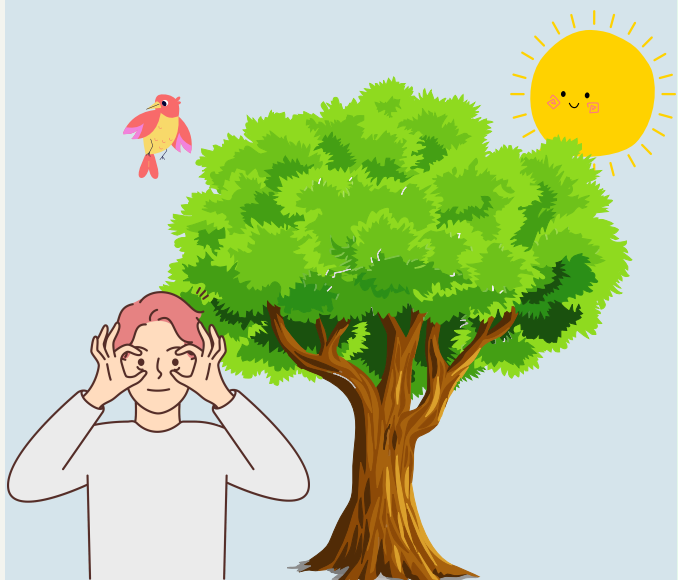
The information in this brochure is based on the organization [Psicologoscordoba.org](https://www.psicologoscordoba.org).
If you are interested in learning more about different self-help coping strategies, visit our
Unaccompanied Children Resource Center page: ucresourcecenter.org.

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EXAMPLES OF GROUNDING ACTIVITIES

1) Open your eyes.

Closing your eyes is something our body does to feel more comfortable during stress symptoms, but the longer you keep them closed, the worse your symptoms tend to get. Opening your eyes will help you start regaining control of yourself.



2) Place your feet on the ground.

You might feel more secure and comfortable with your feet on an object. However, pressing your feet firmly on the ground, standing up, and stretching will help you return to the present moment.



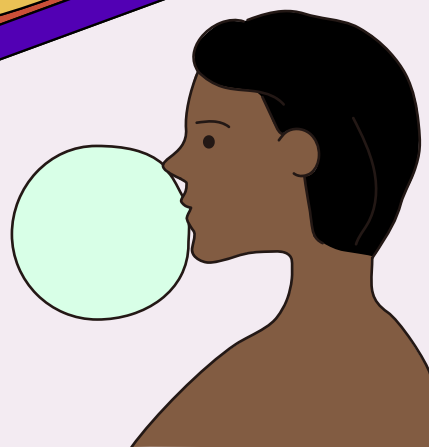
3) Practice math.

Count upwards by 3s or 7s, or any other math operation that comes to mind.



4) Chew mint or cinnamon gum.

Notice the intense flavor and powerful aroma.



If any of these activities are useful to you, add them to your self-help toolkit.

The information in this brochure is based on the organization Beautyafterbruises.org.

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