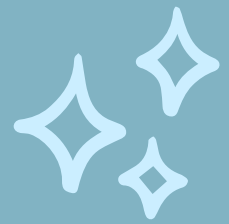


Grounding & Coping Skills



Secure and Supportive.

<https://www.safenetservices.org/>



Grounding skills are techniques used to put distance between you and any negative emotions through connection to your external surroundings when very overwhelmed.

When you feel overwhelmed, grounding helps you focus on the present moment

There is mental, soothing, and physical grounding techniques you can use.

Coping skills are the skills we use to handle difficult or overwhelming situations.

There can be positive or negative coping skills.

The goal is to use coping skills that keep you and others safe.

Coping Skills

Hiking ◊ Breathing Techniques ◊ Spending time in Nature ◊ Listening to Music ◊ Going for a Walk ◊ Drawing ◊ Journaling ◊ Reading ◊ Cleaning ◊ Cooking ◊ Meditating ◊ Practicing Self-Care ◊ Setting Goals ◊ Painting ◊ Maintaining Healthy Boundaries ◊ Engaging in Regular Physical Activity

Mental Grounding: using your imagination to focus on the present moment

- Name all the cities, animals, cars, flowers, sports teams, etc. you can think of
- Name objects in your surroundings from every color of the rainbow; red, yellow, green, blue, indigo, violet
- Describe doing a task in as much detail as possible. Like tying your shoes or cooking a meal

Physical Grounding: using your physical senses to focus on the present moment

- Moving your body or just noticing how your body feels
- Noticing 5 things you see, 4 things you hear, 3 things you can touch, 2 things you can smell, and 1 thing you can taste
- Holding an object and describing it in great detail; its shape, texture, temperature, etc.

Soothing Grounding: using self-compassion and comfort to focus on the present moment

- List all of your favorites
- Imagine a safe and soothing person or place

