

EMOTIONAL ADULTING

- *THE SKILLS YOU DIDN'T GET IN SCHOOL*

GROUNDING

When: Great as a general mindfulness practice to be engaged in multiple times a day but also useful for moments of distress or when you feel disconnected or lost in thought. An important first step for other skills.

Where: Anywhere! Even in class, on the bus, etc.

Why: To enhance connection to the present moment and to disconnect from troubling thoughts, sensations, or emotions that are past or future based.

What: Grounding skills generally relate to your sensory perception, bringing your focus to aspects of the current moment that you may otherwise overlook. Grounding can also help you manage some anxiety provoking or overwhelming experiences (such as public speaking) through narrowing your focus to particular aspects that feel safer to engage with.



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What, continued:

Notice what you are touching. If in contact with the ground, notice the texture and sensations you feel. If sitting or lying on furniture, notice sensations related to this. Consider carrying something with you with a pleasing texture (such as a small rock, piece of fabric, favorite pen, or piece of jewelry).

Notice visual/audible/olfactory/taste cues (if accessible). Name them to yourself and consider making a game of finding things (three things that are purple, the sound of four cars that have passed by). Consider having something with you that appeals to any or all of these senses (a scented chapstick, music or white noise, cup of tea, etc.)

Tips: Choose to focus on sensations that are neutral or pleasant, not pain or punishment based. If needing intense sensation, try holding something very cold.

If body-based sensations are not helpful to you at a particular time, focus on things in the external environment or cognitive exercises, such as reciting song lyrics or doing mental math.



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