

Whiteford Elementary School

# COUNSELING CORNER

## GROUNDING: WHAT IS IT?

Grounding is defined as a self-soothing tool a person can utilize when they are experiencing big and intense feelings, stress, or anxiety. This is a helpful technique to allow someone to stay in the present moment and bring them back to reality.

Utilizing grounding techniques allows a person to flip their negative thoughts and decrease the severity of their feelings by intentional distraction.

For more information on grounding, see the article from Psychology Today [here](#). One of my favorite quotes from this article is, "...if we're not grounded, it's more difficult to be of service to others." This is an important message for families, but it also rings true for anyone in a helping profession!

## 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



## 5-4-3-2-1 Grounding Technique



TOUCH



VISION



TASTE



SMELL



HEARING

## LET'S PRACTICE!

If your child is feeling overwhelmed, stressed, or is experiencing any difficult feeling, feel free to visit Ms. Ehman's virtual counseling office [here](#) to practice grounding techniques!