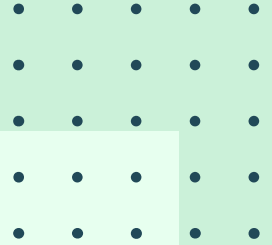




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Name, preferred pronouns, major, fun fact. How are you (*weather analogy*)? |
What safe coping skill did you use this week (some eg)?

Ask for Help

Cry

Choose self respect

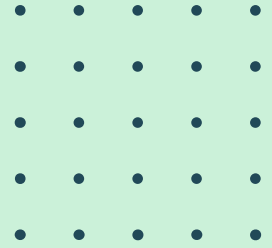
Take good care of your body

Compassion

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1. **Ask for Help** - *reach out to someone safe*
2. **Cry** - *let yourself cry, it will not last forever*
3. **Choose self respect** - *choose whatever will make you like yourself tomorrow*
4. **Take good care of your body** - *eat right, exercise, sleep, safe sex*
5. **Compassion** - *listen and talk to yourself with respect and care*
6. **Create a new story** - *You are the author of your life: be the hero who overcomes adversity*
7. **Structure your day** - *a productive schedule keeps you on track & connected with the world/yourself*
8. **Trust the process** - *Accept this moment as if you had chosen it; the only way out is through*
9. **Reframe setbacks** - *Remind yourself that setbacks are not failures*
10. **Focus on now/ your goals** - *Do what you can to make today better, don't get overwhelmed by the past or future*

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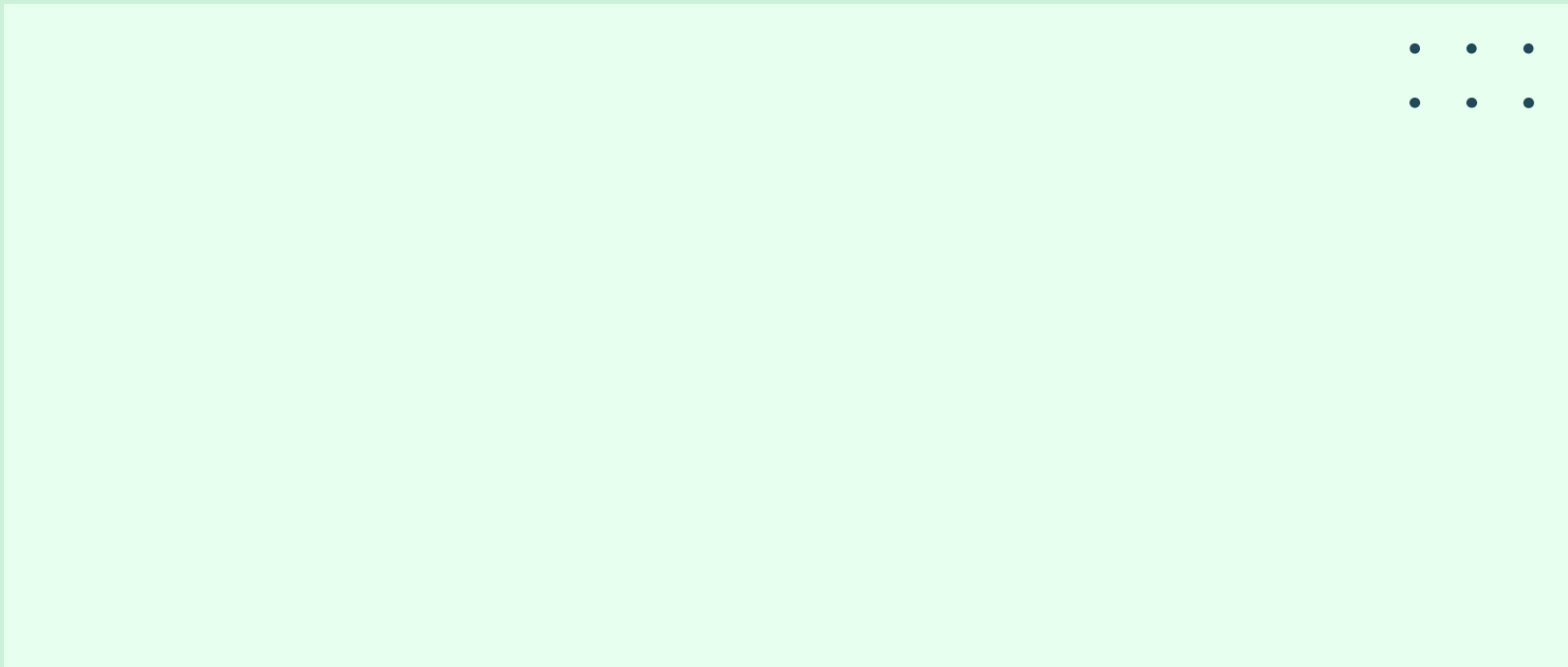
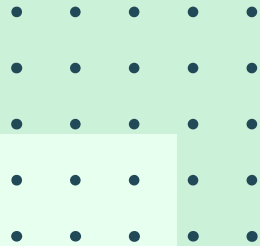
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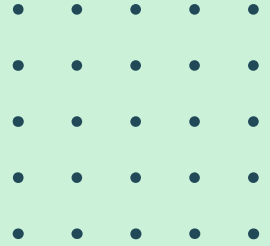
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Grounding is:

- *a self-soothing skill to use when you are dealing with a lot of stress, overwhelming feelings, and/or intense anxiety*
- *a technique that helps reorient you to the present and to reality*
- *emotional regulation & distress tolerance*

Many people struggle with feeling either too much (overwhelming emotions and memories) or too little (numbing and dissociation). In grounding, you attain a balance between the two: conscious of reality, and able to tolerate it.

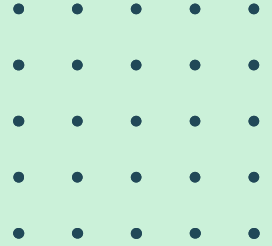
Remember that pain is a feeling; it is not who you are.

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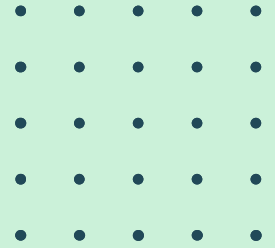
Run cool or warm water
over your hands

Grab tightly onto your
chair as hard as you can

Touch various objects/
textures around you

Dig your heels into the floor

Jump up and down



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Recite a safety a rmation
or mantra



Picture people you care
about



Plan a safe treat for
yourself

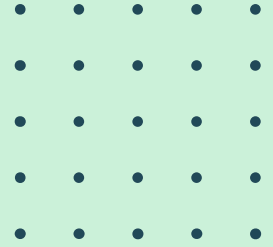


Think of favorites - can be
anything



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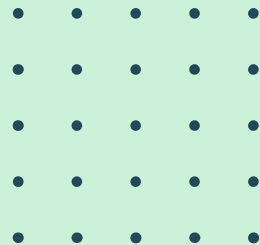
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1. Grounding can be done any time, any place, anywhere, and no one has to know
2. Use when you are faced with a trigger, enraged, dissociating, having a

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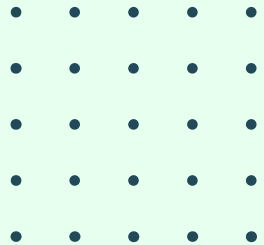
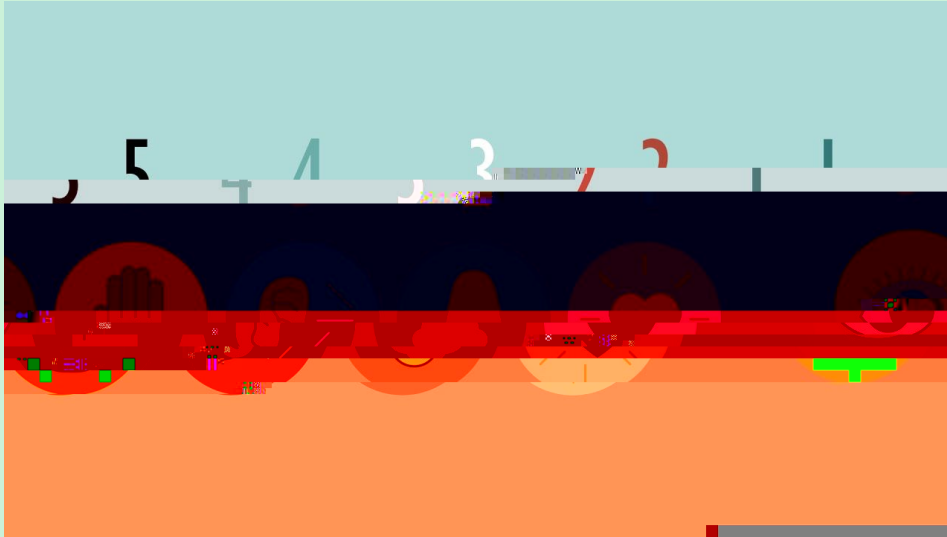
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1. No talking about negative feelings or journal writing
 - a. You want to distract away from negative feelings, not get in touch with them.
2. Practice regularly, especially when not triggered
3. As you practice, try it for a longer time
4. Keep an accessible list of which techniques work best for you
5. Create your own techniques
6. Start grounding early in a negative cycle
7. Get help from family and friends
8. Prepare in advance
9. Use audio cues, such as a recording of an exercise that works for you
10. Don't give up!

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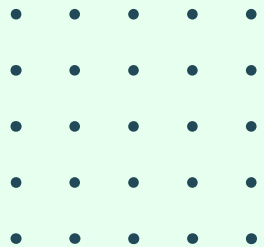
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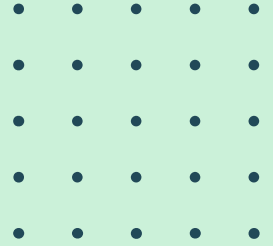
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Any thoughts? Questions?
Reflections? Reactions?

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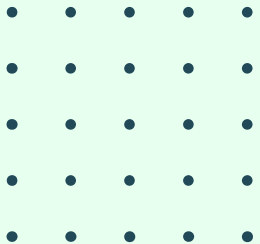
1 thing you are taking away

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Apps: Wysa, MoodMission, Shine, Happify, Calm, MindShine, QuitThat!

Counseling Groups throughout the week

Student Wellness Resources (linked in QR code)





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