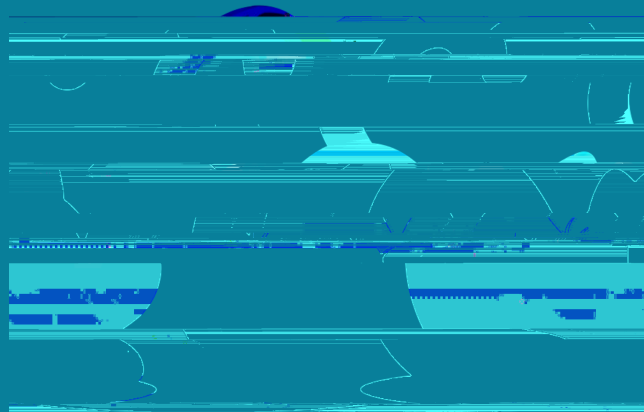


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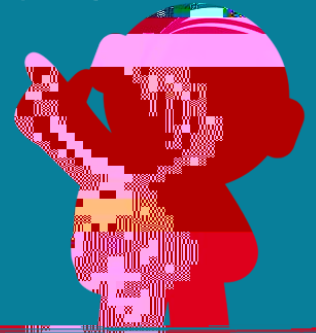
CSUEB COUNSELING SERVICES
Week 3: Grounding

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Share your name, pronouns, year @ CSUEB, major &
hidden talent.



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Please mute your audio while others are talking and type any questions into the chat box

Your video can be on or off, whatever makes you most comfortable

Confidentiality, and Zoom limitations

Push yourself to participate

Focus on your own experience

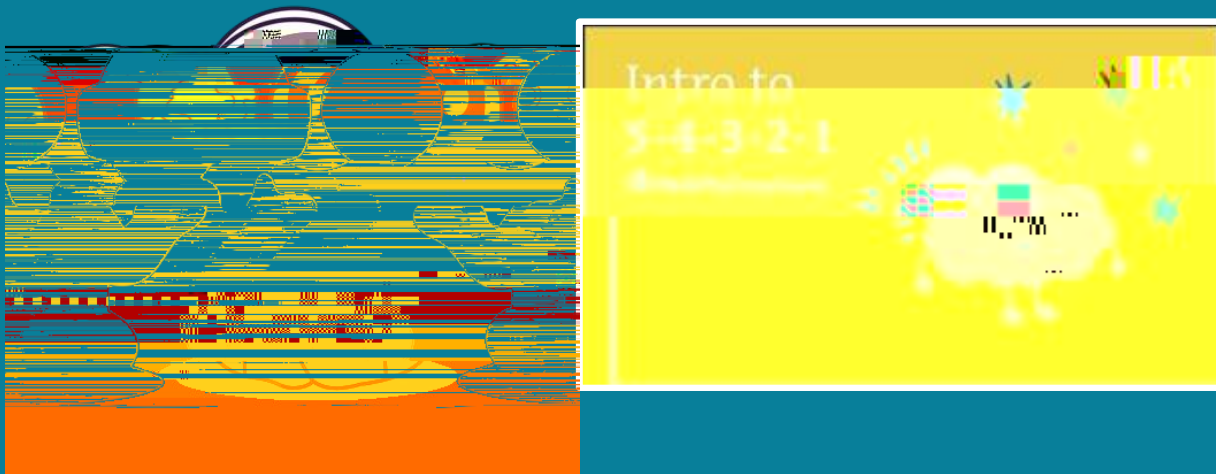
Share headlines, not details

Step forward, step back

Ask others before giving them feedback

Assume positive intent from others

Take responsibility for your needs



— 54321 — Technique

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"No feeling is final."

- Rainer Maria Rilke, 20th Century German Poet

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When you are overwhelmed with emotional pain, you need a way to detach so that you can gain control over your feelings and stay safe. As long as you are grounding, you cannot possibly use substances or hurt yourself! Grounding "anchors" you to the present and to reality.

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: !fi° & fi" & fi# | " ~ ' + ° Ł ° Ł ° Ł ° "fi"fi" | " ° ° i

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Describe your environment in detail





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Say kind statements

Think of favorites.

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Say kind statements

Think of favorites.

Picture people you care about

Remember the words to an inspiring song,
quotation, or poem

Remember a safe place

Say a coping statement

Plan a safe treat for yourself

Think of things you are looking
forward to in the next week



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Think about what skills you might want to practice from home this week:

Trying one new grounding technique

Feel free to join us again!

