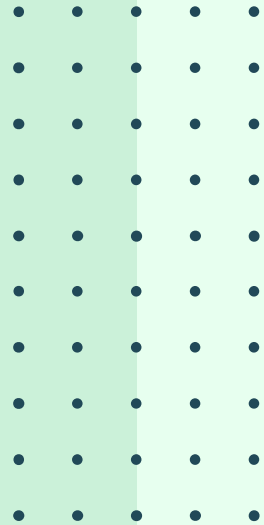


Rising Strong:

Week 1: Welcome & Grounding



Presented by *Student Health and Counseling Services*

Grounding Practices

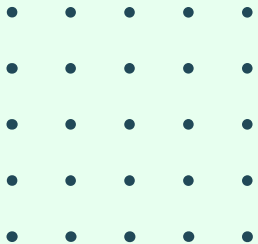
*Rate your mood on a scale of 0-10 before and after

Mental Grounding

Name all the items that are shades of blue in your space and describe the colors (without judgment).

Physical Grounding

Touch 1 item that is close to you. Notice the temperature, texture, shape.



Soothing Grounding

Say kind statements: as if you were talking to a small child. Eg. You're a good person going through a hard time. You will get through this.

Zoom Guidelines

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

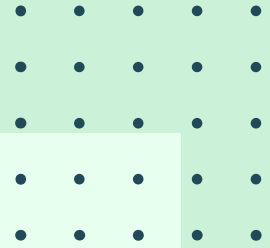
03. Confidentiality & Zoom limitations

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

04. Any other suggestions?

Community Agreements:

1. Push yourself to participate
2. Focus on your own experience
3. Share headlines, not details
4. Step forward, step back
5. Ask others before giving them feedback
6. Assume positive intent from others
7. Take responsibility for your needs
8. Other suggestions?
9. Commit to attend for 8 weeks



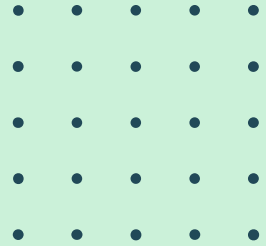
Weekly Check In

Name, preferred pronouns, major, fun fact?

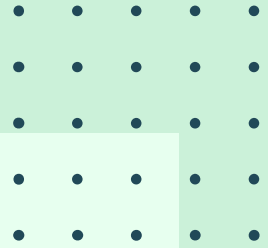
How are you feeling (*weather analogy*)? | What safe coping skill did you use this week (some eg)?

- ✓ Ask for Help
- ✓ Cry
- ✓ Choose self respect
- ✓ Take good care of your body
- ✓ Compassion
- ✓ Create a new story
- ✓ Structure your day
- ✓ Trust the process
- ✓ Reframe setbacks
- ✓ Focus on now/ your goals

Safe Coping Skill Exa m p l e s

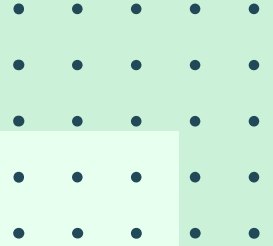


1. **Ask for Help-** *reach out to someone safe*
2. **Cry -** *let yourself cry, it will not last forever*
3. **Choose self respect-** *choose whatever will make you like yourself tomorrow*
4. **Take good care of your body-** *eat right, exercise, sleep, safe sex*
5. **Compassion -** *listen and talk 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 (add link to pdf)*



What does it mean to Rise Strong?

- Using conscious thoughts & behaviors to deal with internal and external triggers
- Using tools and techniques to help you feel safe, handling difficult emotions, decrease stress, and establishing or maintaining a sense of internal order
- Involves adjusting to or tolerating negative realities and events while trying to keep a positive self-image and emotional equilibrium



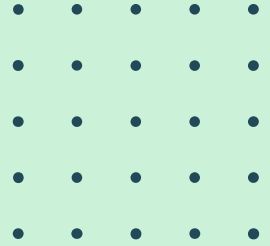
Rise Strong

- 1) Seek safety- have safe coping tools
- 2) Remembrance + mourning - process and grieve unprocessed trauma
- 3) Reconnection + integration - reconnect with our positive beliefs/ self and safe others

Reflect on where you are in the process of healing?

Why do you think it is so vital to seek safety? (discuss)

What is it?



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.

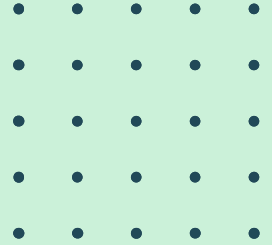
02. Grounding

::: Examples

. . . .
. . . .
. . . .

What does it look like

Mental Grounding



Play a “categories” game: eg. songs, shows, states that begin with the letter ‘A’



Imagine: gliding along in skates away from your pain or clicking to change the channel to a better show



Say a safety statement, eg. My name is _____. I am safe right now. I am located in _____. The date is _____.



Remember a safe place

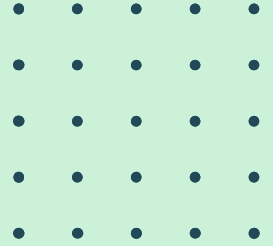


Read something, saying each word to yourself



Count to 10 or say the alphabet, very slowly

Physical Grounding



Run cool or warm water
over your hands



Grab tightly onto your
chair as hard as you can



Notice your body: wiggle your
toes, your back against the chair



Focus on your breathing:
repeat a pleasant word to
yourself on the inhale.
(easy, safe, good)



Jump up and down

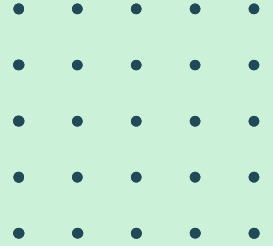


Clench and release your
fists



Stretch, yoga, walking

Soothing Grounding



Remember a soothing
memory



Picture people you care
about



Watch/ listen to soothing
videos or music



Take a shower or bath



Plan a safe treat for
yourself



Think of favorites - can be
anything (food, people,
places, etc)



Use humor

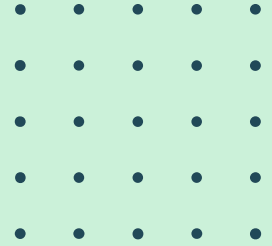
03. Tips &

:: Guidelines



Tips and guidelines for
successful grounding

Grounding Guidelines



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 substance craving, or whenever your emotional pain goes above 6 (on a 0-10 scale). Grounding puts healthy distance between you and the negative feelings.
3. Stay neutral-avoid judgments of "good" and "bad."
 - a. *Instead of "The walls are blue; I dislike blue because it reminds me of depression," simply say "The walls are blue" and move on.*

Grounding Tips



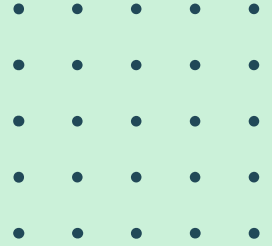
1. Keep your eyes open, scan the room, turn the lights on to stay in touch with the present.
2. No talking about negative feelings or journal writing
 - a. You want to distract away from negative feelings, not get in touch with them.
3. Practice regularly, especially when not triggered
4. As you practice,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

04. Reflect &

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Debrief

Reflect & Debrief



Check Out Question

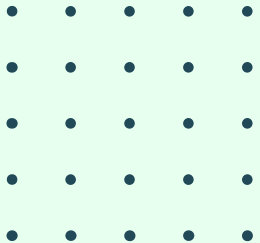
1 thing you are taking away from the group or 1 grounding technique you are committing to do for yourself this week

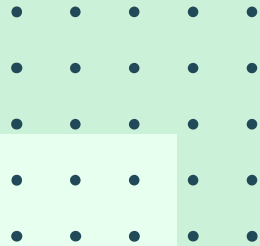
Next Week:

Split Selves

Additional Resources

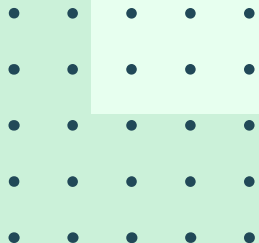
- **Apps:** Wysa, MoodMission, Shine, Happify, Calm, MindShine, QuitThat!
- **Counseling Group** throughout the week
- **Student Wellness Resources** (linked in QR code)
- **Student well being:** Basic needs
- **Pioneers for HOPE** support with food and housing
: @Pioneersforhope
- **SHCS Instagram-** @eastbayshcs





Thanks for joining!

See you next week!



With appreciation to the Allies Program (Sacramento, CA) for formatting this Safe Coping List. © Guilford Press, New York. From: Najavits, L.M. *Seeking Safety: A Treatment Manual for PTSD and Substance Abuse* (2002). Only for personal use with clients.