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# Tools For Feeling — Better —

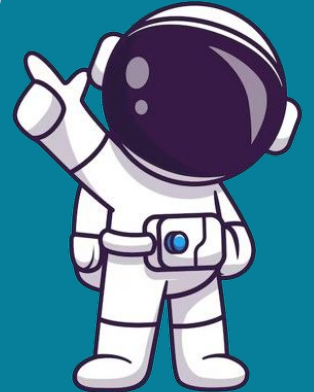
CSUEB COUNSELING SERVICES  
Week 3: Grounding

# — Stretch Break —



# — Introductions —

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



## Zoom Guidelines

- Please mute your audio while others are talking and type any questions into the chat box
- Your video can be off or on, whatever makes you most comfortable
- Confidentiality, and Zoom limitations

## Community Agreements

- 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

# — Quote of the Day —

“No feeling is final.”

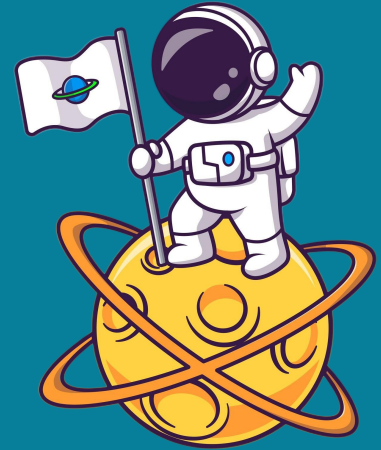
- Rainer Maria Rilke, 20th Century German Poet

# — Purpose of Grounding —

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: **conscious of reality, and able to tolerate it.**

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



# — Grounding Guidelines —

- Grounding can be done **any time, any place, anywhere**, and no one has to know.
- Use grounding 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 these negative feelings.**
- Keep your eyes open, scan the room, and turn the light on to **stay in touch with the present.**





# — Grounding Guidelines —

- **Rate your mood** before and after grounding. Use a 0–10 scale, where 10 means "extreme pain," before the exercise. Then re-rate your pain afterward. Has it gone down?
- No talking about negative feelings or journal writing. You want to **distract away** from negative feelings, not get in touch with them.
- **Stay neutral**-avoid judgments of "good" and "bad." For example, instead of "The walls are blue; I dislike blue because it reminds me of depression," simply say "The walls are blue" and move on.
- Focus on the **present**, not the past or future.



# ———— Mental Grounding ————

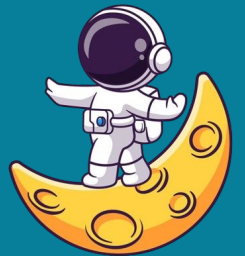
- Describe your environment in detail
- Play a "categories" game with yourself.
- Do an age progression.
- Describe an everyday activity in great detail.
- Imagine.
- Say a safety statement.
- Read something, saying each word to yourself.
- Use humor.
- Count to 10 or say the alphabet, very slowly.



“1, 2, 3, 4, 5...”

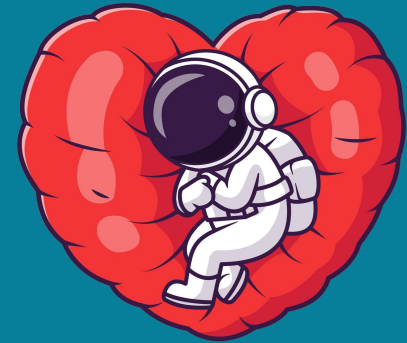
# — Physical Grounding —

- Run cool or warm water over your hands.
- Grab tightly onto your chair as hard as you can.
- Touch various objects around you
- Dig your heels into the floor
- Carry a grounding object in your pocket
- Jump up and down.
- Notice your body
- Stretch
- Clench and release your fists.
- Walk slowly, noticing each footstep
- Focus on your breathing



# — Soothing Grounding —

- 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



# Making Grounding — Effective —

- 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
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# —Additional Resources—

- **CBT APPS**

Wysa, CBT Thought Diary, MindDoc: Your Companion, What's Up, MoodTools, Calm, Shine, Happify

- **COUNSELING GROUPS,**

students can participate throughout every week

- **PIONEERS FOR HOPE**

campus support with food and housing @pioneersforhope

- **INSTAGRAM**

Follow us @eastbayshcs

- **DOWNLOADABLE**

slides and group handouts available for students



# Thank You For — Joining Us —

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

- Trying one new grounding technique
- Feel free to join us again!

