








Grounding Social Media Bundles

SOLID

<h3>SOLID</h3> <p>SOLID, according to dictionary means – to never fold.</p> <p>For us, in this moment, it serves as a gentle reminder that <i>you – got – this</i>.</p> <p>Take a moment to reflect and engage in self-care. Remind yourself that you, in fact, are SOLID</p> <p>Grounding is a set of strategies used to help detach from challenging emotions. It does not seek to solve a problem but offers a strategy for a person to gain control over an emotional moment.</p>  <p>School Mental Health Ontario Santé mentale en milieu scolaire Ontario</p>	<h3>SOLID</h3>  <p>Try your best to spell the names of three people that are important to you backwards.</p> <p>Spell Names Backwards</p>  <p>School Mental Health Ontario Santé mentale en milieu scolaire Ontario</p>
<h3>SOLID</h3>  <p>Look around your environment. What do you see? What do you hear? What do you smell?</p> <p>Observe Your Surroundings</p>  <p>School Mental Health Ontario Santé mentale en milieu scolaire Ontario</p>	<h3>SOLID</h3>  <p>List three important people in your community, their ages and one of their favorite activities.</p> <p>List Three People That Are Important To You</p>  <p>School Mental Health Ontario Santé mentale en milieu scolaire Ontario</p>



SOLID



Identify How You're Feeling

Take a moment to do a
body scan.

What are some of the
senses you are feeling
throughout your body, mind
and spirit?



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Describe the Steps in Performing an Activity

Take a moment to describe
the steps in an activity you
know well.

For example, how to cook
your favorite meal or play
your favorite sport.



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INSPIRE

INSPIRE

What has **INSPIRED** you lately to keep moving forward.

Take a moment to reflect and engage in self-care.

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**Imagine
Your Calm
Place**

Take a moment to imagine yourself in your calm place. What does it look like?



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**Notice Yourself
Connecting With
The Earth**

As you are able, take a moment to place your feet on the ground. Notice the feeling of yourself connecting with the earth. Offer yourself a moment to breathe.



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**Smell A
Scent**

As you are able, notice some of the smells in the air around you or locate something that has a scent such as an essential oil, flowers, etc.



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P

Pick Up an Object and Describe It

As you are able, grab an item with unique textures and colors in your hand. Turn your complete focus to this item. How does this item feel? What do you notice about the item? Are there any colors on the item that stick out to you most?



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I

I Am Here, Hand Trace

As you are able, place your hand on a sheet of paper and use a pencil, pen or marker to trace your hand. Take some time to feel the pressure of your hand on the paper. You can also say an affirmation while you are tracing your hand.

I am intelligent and talented

I am proud of myself, today

I am doing my best, today



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R

Reorient Your Self

Take some time to name facts about the current moment:

My name is...

Today is...

The season is...

The weather is...

I am in....



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E

Engage in a Moment of Silence

Take a 1-minute pause.

Try your best to clear your mind of negative thoughts and distraction.

How was this moment for you?



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PAUSE

PAUSE

This may be a good moment to **PAUSE**.

Take some time to reflect on your day and engage in self-care.

Grounding is a set of strategies used to help detach from challenging emotions. It does not seek to solve a problem, but offers a strategy for a person to gain control over an emotional moment.



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PAUSE



Power Hug

Firm pressure is great for grounding. As you are able, place your left hand on the right shoulder and right hand on your left shoulder then hold.

Squeeze into a gentle hug. You can also try saying an affirmation while doing this exercise.

I am doing my best

I choose to love myself today

I am worthy



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PAUSE



Alphabet Game

List every letter in the alphabet in a specific category.

Examples of categories are: animals, songs, food, names, etc.

This technique helps to refocus your thoughts.



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PAUSE



Use the 5-4-3-2-1 method

List

- > 5 things you see
- > 4 things you hear
- > 3 things you smell
- > 2 things you taste, and
- > 1 thing you feel.

This is a useful method to slow your breath down, which helps to maintain a sense of calm.



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PAUSE



Square Breathing

Take a moment to catch and control your breath.

Breathe in for 4 seconds, hold for 4 seconds, breathe out for 4 seconds and hold for 4 seconds– repeat as necessary.

This helps to lower the stress in your body because it sends messages to your brain to calm down and relax.



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PAUSE



Energize

As you are able, engage in movement. Such as stretching or jumping jacks, to name a few.

This can help to reduce tension in your body.



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