

# SAY IT BRAVE

WE'RE BRINGING AUTHENTICITY TO MENTAL HEALTH CONVERSATIONS

## Simple Grounding Practices

### 5 Senses

Name 3 things in the room that are red  
Name 3 things in the room that are blue  
Name 3 things that are green  
Name 3 things that are white  
Name 3 things that are black  
Name 3 things you hear  
Name 3 things you physically feel  
Can you feel yourself sitting or standing?  
Can you feel your feet on the floor?  
Can you feel what your hands are touching?

### Mindful Looking

Describe in detail an object in the room.  
What is its shape?  
What is its color?  
What is its size?  
What do you notice about it?

### Mindful Touching

Find an object to touch.  
What is the temperature?  
What is the texture?  
Is it hard or soft?  
Find another object and repeat.

### Holding Ice

Focus on the feeling of the ice in your hands and the temperature.  
Notice the difference between the hand with the ice and the other hand.  
Put the ice on your face and notice the sensations.





## **Smells**

Use a candle or scented item/spray. Breathe in deeply and smell.  
You can also use familiar smells like playdough or a new book.

## **Grounding Statements**

"I am safe"

"I am going to be okay"

"I am at \_\_\_\_\_" (location)

