

Wellness Wednesday

MARCH 9, 2022



This week for Wellness Wednesday, we will be focusing on **GROUNDING** techniques to promote calm and relaxation.

Keep reading to learn more!

WHAT IS GROUNDING?



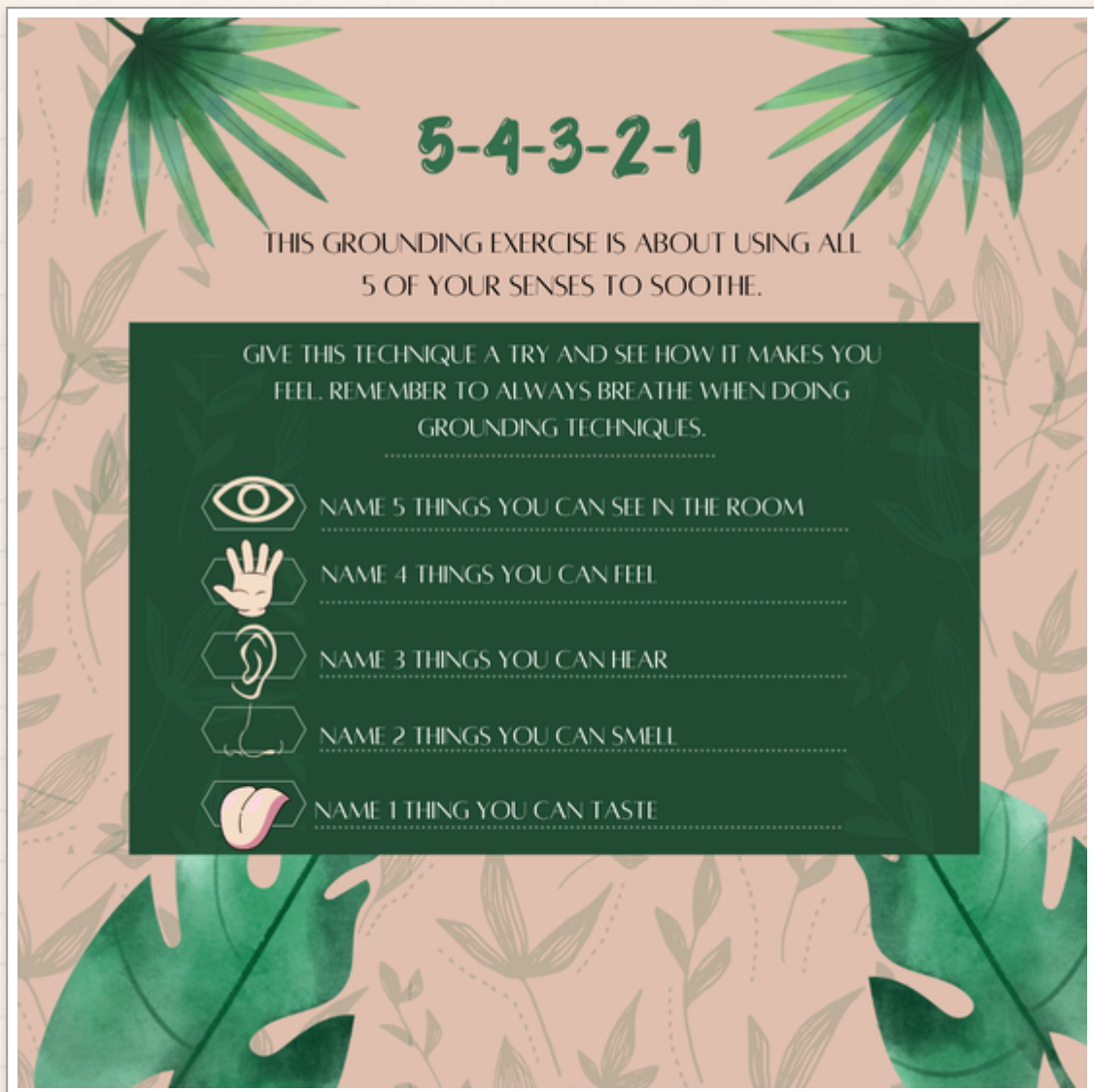
Grounding refers to self-soothing techniques or skills to manage feelings that are overwhelming or intense. Grounding helps you to stay present in the moment and bring your emotions to a more regulated state.

GROUNDING IT OUT

Grounding is a temporary solution to managing intense emotions in the moment. These skills are meant to help you regain control in moments when you cannot process your experience thoroughly.

For example, you are getting ready to go to a meeting at work and you need a moment to regulate yourself before it starts.

SKILLS, PLEASE?



SKILLS CONTINUED

Never underestimate the power of deep breathing. Many times when we become frustrated, saddened, or anxious our breathing patterns change. Deep breathing can help us to regain

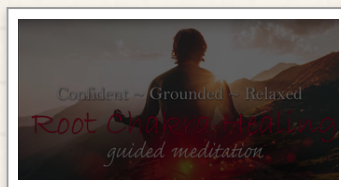
control.

Sit in a comfortable position. Breathe deeply and slowly through your nose, release slowly through your mouth. Repeat this as many times as necessary. We commend 10 breaths to start. Move your body. Sometimes our emotions can take over and begin to get physically trapped in our bodies. Move your neck around, shake your shoulders, take a walk, dance. Anything you can do to get the harmful energy OUT of your body.



GUIDED MEDITATION

Guided Meditations can help us to find a state of calm. Below you will find some links to some great guided meditations. Make sure to note how your body feels afterwards.



KIDS CORNER



Children can get involved with grounding techniques as well. Click the worksheets below that will walk you through activities for children to help manage emotions.

Mindfulness Exercises for Children

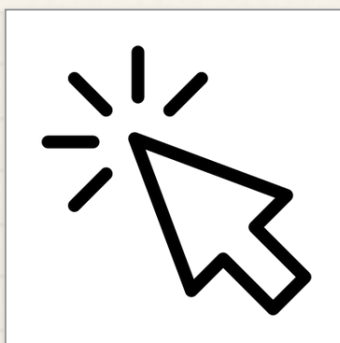
Build a Stress Ball 🍷

If you're feeling brave, and are prepared to clean up a mess, provide the children with balloons, flour, and funnels to build their own stress balls (you may want to double-layer the balloons). Some other filling options include rice, small beads, or the leftover dots from punched paper. Once the kids have built their own stress balls, try using them with the Feeling Exercise.

The Body Squeezing Exercise 🐛

Have the children sit or lie down in a comfortable position, and ask them to squeeze and relax each of the muscles in their body one-by-one. They should hold each squeeze for about five seconds. After releasing the squeeze, ask the kids to pay attention to how it feels when they relax. Children understand this exercise better if you help them visualize how they can squeeze a particular muscle using imagery, such as the following:

1. Curl your toes tight like you are picking up a pencil with your feet.
2. Tense your legs by pretending like you are standing on your tippy-toes, trying to look over a fence.
3. Suck in your stomach as if you are trying to slide through a narrow opening.
4. Make fists with your hands and pretend like you are trying to squeeze all of the juice out of an orange.
5. Pretend like a bug landed on your nose, and you're trying to get it off without using your hands. Try to scrunch your face and move your jaw to make it fly away!



Mindfulness Exercises for Children

The Feeling Exercise 🍷

Collect a number of interesting objects such as feathers, putty, stones, or anything else that might be interesting to hold. Give each child an object, and ask them to spend a minute just noticing what it feels like in their hand. They can feel the texture, if the object is hard or soft, and the shape. Afterwards, ask the children to describe what they felt. With bigger groups, pair children off to take turns completing the exercise together.

The Seeing Game 👁️

Ask the children to spend one minute silently looking around the room. Their goal is to find things in the room that they've never noticed. Maybe there are some big things like a poster or a picture, or just little details like cracks in the ceiling or an interesting pattern on the door. After the minute is up ask the kids to share the most interesting new things they noticed.

Ocean Breathing 🐬

Have the children sit or lie down in a comfortable position. Ask everyone to slowly breathe in through their nose, and then out through their pursed lips (as if they are blowing through a straw). Point out that the slow and steady breathing sounds like ocean waves, gently crashing on shore. Let the children continue breathing and making the ocean sound for one to two minutes.

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Galena Park ISD Employee Assistance Program

EMPLOYEE ASSISTANCE PROGRAM (EAP)



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EAP ENGLISH FLYER

CHECK THESE OUT!

EAP SPANISH FLYER



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Chat with a PRO



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