



OCTOBER IS NATIONAL DEPRESSION & MENTAL HEALTH SCREENING MONTH

# Stay grounded when life feels overwhelming

Tough times can leave you feeling disconnected, anxious or off balance. Grounding techniques help shift your attention back to the present moment by engaging your body, mind or emotions. These small actions can support your mental wellbeing anytime, anywhere.

## Use your body and senses

Physical grounding helps you feel present through breath, movement and your senses.

**Breathe and stretch:** Inhale deeply, stretch overhead and notice your body release tension.

**Feel with focus:** Pick up a nearby object. Notice its shape, weight and texture.

**Pause and listen:** Close your eyes. Listen to all the sounds you notice for one minute.

## Engage your mind

Mental grounding helps redirect your focus from distressing thoughts to facts, patterns or tasks.

**Spot five things:** Look around and name five things you see.

**List it out:** Name as many animals or foods as possible in 30 seconds.

**Challenge your brain:** Say the alphabet backward.

## Soothe your emotions

Emotional grounding helps you reconnect with comfort, strength or safety.

**Speak kindness:** Say a calming phrase like, "I'm doing the best I can."

**Press play:** Listen to a song or podcast that makes you feel strong or uplifted.

**Picture peace:** Close your eyes and imagine a place where you feel calm, safe or grounded.

A small moment of calm can be the first step toward steadiness. Try different grounding techniques and notice what helps you feel more present, supported and in control.



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