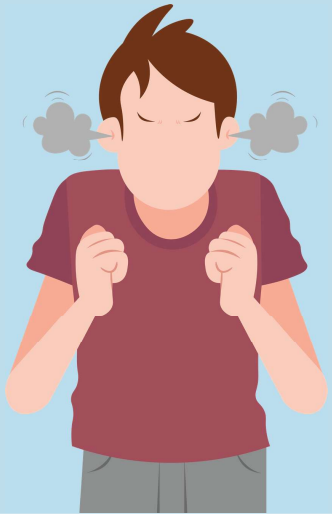
GROUNDING

When I feel mad or upset, I can practice grounding.



When I use grounding, I pay attention to the way things feel.

I can pay attention to the way my body feels on a seat.

I can pay attention to the way my feet feel on the ground.

I can pay attention to how my clothes feel against my body.

I can also practice grounding by paying attention to how the air and other things around me feel.

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GROUNDING

When I practice grounding, it can help me pay attention to things other than the bad feelings.

Grounding can help me to stay in my Resilient Zone, or “OK” Zone.

When I can stay in my Resilient or “OK” Zone, I can keep working on my goals.

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