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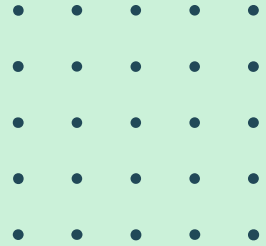
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Safe Coping Skill Examples



1. **Ask for Help**- *reach out to someone safe*
2. **Cry** - *let yourself cry, it will not last forever*
3. **Choose self respect**- *choose whatever will make you like yourself tomorrow*
4. **Take good care of your body**- *eat right, exercise, sleep, safe sex*
5. **Compassion** - *listen and talk to yourself with respect and care*
6. **Create a new story**- *You are the author of your life: be the hero who overcomes adversity*
7. **Structure your day** - *a productive schedule keeps you on track & connected with the world/yourself*
8. **Trust the process**

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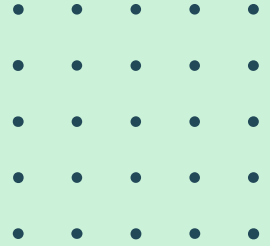
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What is it?



Grounding is:

- *a self-soothing skill to use when you are dealing with a lot of stress, overwhelming feelings, and/or intense anxiety*
- *a technique that helps reorient you to the present and to reality*
- *emotional regulation & distress tolerance*

Many people struggle with feeling either too much (overwhelming emotions and memories) or too little (numbing and dissociation). In grounding, you attain a balance between the two: conscious of reality, and able to tolerate it.

Remember that pain is a feeling; it is not who you are.

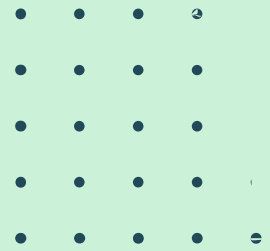
02. Grounding

::: Examples

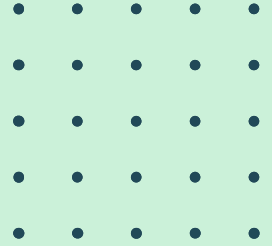
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What does it look like





Soothing Grounding



Remember a soothing
memory



Picture people you care
about

Watch/ listen to soothing
videos or music



Take a shower or bath

Plan a safe treat for
yourself



Think of favorites - can be
anything (food, people,
places, etc)

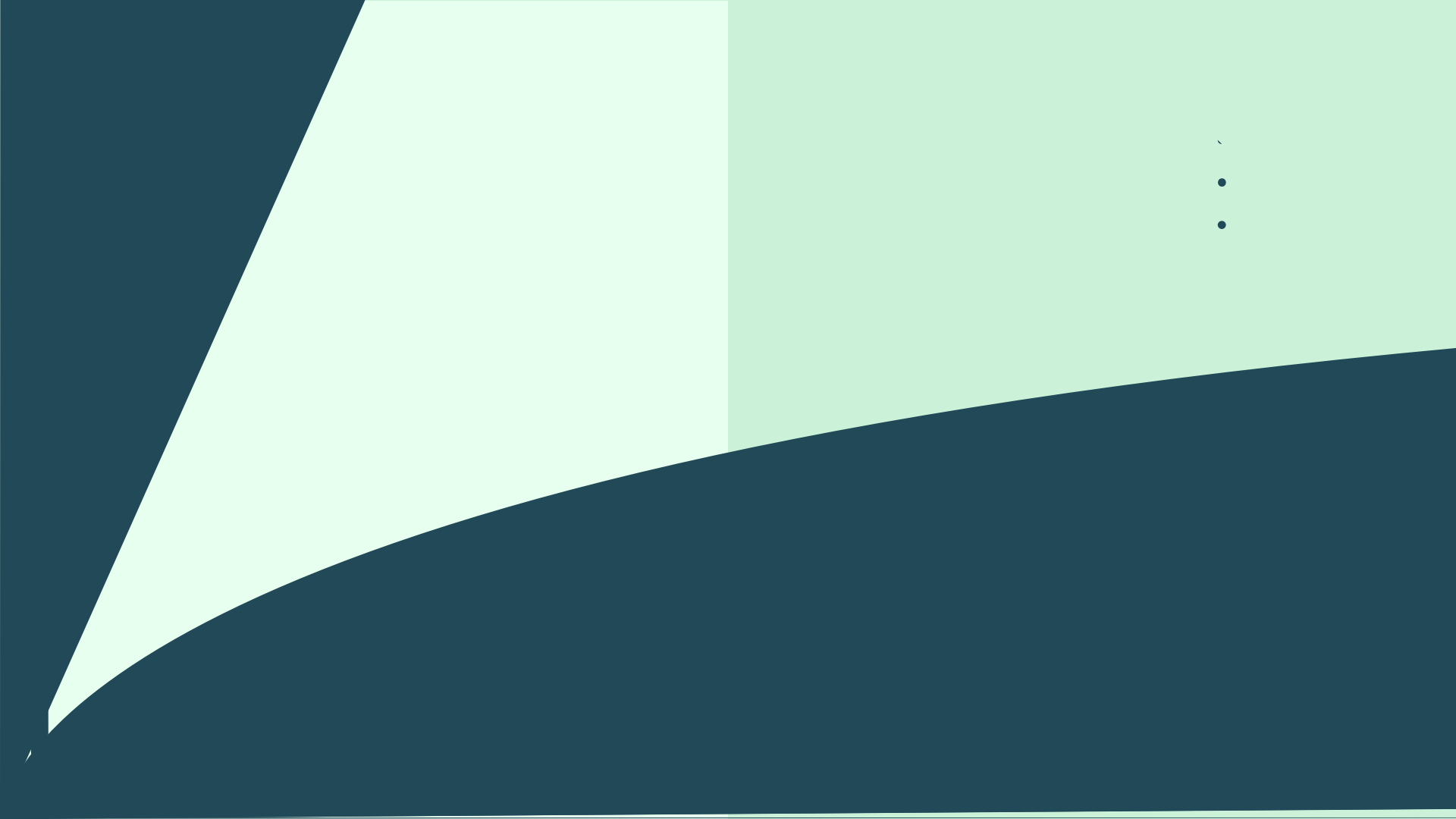
Use humor

03. Tips &

:: Guidelines

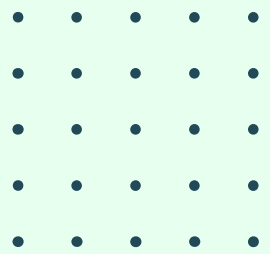


Tips and guidelines for
successful grounding



04. Reflect &

Debrief





Additional Resources

Apps

