



# United Resiliency

A program of Common Ground

## Tool Kit

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## The 5-4-3-2-1 Grounding Technique

Ease your state of mind in stressful moments.

Acknowledge **5** things that you can see around you.



Acknowledge **4** things that you can touch around you.



Acknowledge **3** things that you can hear around you.

Acknowledge **1** thing that you can taste around you.



Acknowledge **2** things that you can smell around you.



open to find more tools



## DROP THREE RELAXATION EXERCISE



### DROP YOUR JAW

Make sure your tongue falls to the bottom of your mouth. If your mouth is open a little, you're doing it right.



### DROP YOUR SHOULDERS

Let them loosen and fall.



### DROP YOUR STOMACH

Don't hold it in tight; just let it go.

**NOTICE HOW YOU FEEL. ANYTHING CHANGED?**

# 3

### YOU CAN DROP THREE ANYTIME!

It's almost invisible, so other people won't notice. Dropping Three helps you feel more relaxed, and instead of spending energy keeping your muscles tense, you have that energy available to use for what you need to do.

## Guided Meditations

8 sessions from 5 - 19 minutes



# SELF TALK



## Skills



**Say calming and reassuring statements to yourself:**

"I am a good person going through a rough time."

"I can work through my feelings and sensations."

"This might be obnoxious or annoying, but I am safe."

"I can use my coping skills."

**Add your own self-talk statements here:**

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### Star Breathing

Start at any "Breathe in" side, hold your breath at the point, then breathe out. Keep going until you've gone around the whole star.



## LOOK AROUND

Look away from what is distressing you to something neutral, like the ceiling or the floor, or someone's blue jacket. Mentally describe the neutral object in detail until you are calmer. For example, challenge yourself to think of specific colors, such as crimson, burgundy, indigo, or turquoise, instead of simply red or blue. You may want to bring something with a vibrant color to use for this technique. You can also let your eyes gaze steadily at a point or object for 20 seconds. Still eyes, still mind. If you want to look at the presentation of something distressing, look only briefly or half close your eyes to limit the intensity. Then look back at the neutral or soothing object.

### Square Breathing

Start at the bottom right of the square, and follow the arrows around the whole square to complete one deep breath.

