

Grounding Techniques

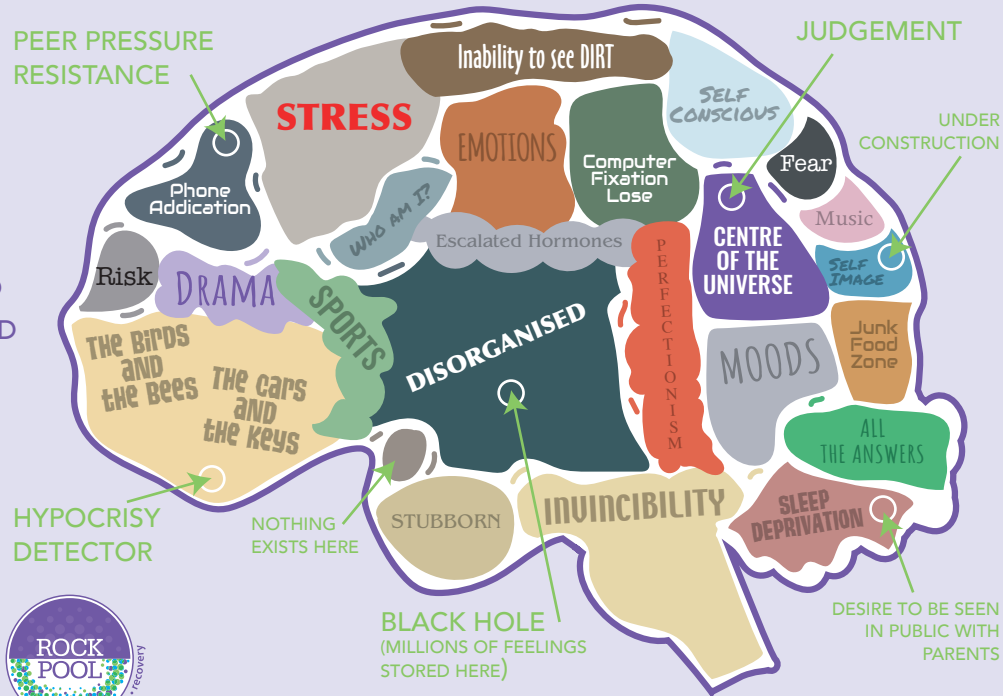
- Wiggle your fingers, tap your feet. Pay attention to the movement; you are in control of what your body is doing, right here and now.
- Eat or drink something. Is it hot, or cold? Sweet, or sour?
- Write a letter or card to someone you care about.
- Use your voice. Say your name or pick up a book and read the first paragraph you find out loud.
- Take a shower/bath. Notice the sensations of the water.
- Call a friend and have a chat.
- Hold an ice cube and let it melt in your hand.
- Play a distracting game on your tablet, computer, or smartphone.
- If you have a dog or cat, cuddle and pet him or her.
- Take a look outside. Count the number of trees and street signs.
- Turn up the radio or play your favourite song **LOUDLY**. You could even dance!
- Write out what's going on. Keep writing until you start to notice it makes a difference and it lets out some of the things you're anxious about.
- Hold onto something comforting. Maybe a blanket or an old stuffed toy.
- Put on your favourite movie or TV show.

Once you've found which techniques help, make a list to put on your wall, or carry in your pocket. **What could you add?**

The Teenage Brain and Emotions

- OPTIMISTIC
- RISK TAKER
- MISUNDERSTOOD
- REJECTED
- AMBITIOUS
- CONFUSED
- CREATIVE
- SAD
- GUILTY
- LOVED
- FRIENDLY
- EMBARRASSED
- OVERWHELMED
- CONFLICTED
- ALONE
- BITTER
- FRUSTRATED
- TRAPPED
- CURIOUS
- FUNNY
- SHY
- ANGRY
- CONFIDENT
- GRUMPY
- JEALOUS

- HAPPY
- SMART
- DEPRESSED
- ANXIOUS
- RESPECTED
- EXCITED
- SELF-CONSCIOUS
- BROKEN
- WORRIED
- VULNERABLE
- IMPORTANT
- DISCOURAGED
- ASHAMED
- HOPEFUL
- SCARED
- THANKFUL
- CONTENT
- WOUNDED
- INDIFFERENT
- AFRAID
- VALUED
- HELPLESS
- UNSAFE
- SARCASTIC
- SURPRISED



- SATISFIED
- LONELY
- STRESSED
- PRESSURED
- LOST
- WORRIED
- STUBBORN
- IGNORED