**Grounding Skills**

**What is Grounding?**
Grounding is a technique that can help keep you in the present moment and help you regain control of your mental focus when you are feeling emotionally overwhelmed.

**COLOR GAME**
1. Pick any one color
2. Look at your surroundings and count how many times you see that particular color
3. Repeat as many times as needed with different colors

**DESCRIBE AN OBJECT**
Pick an object you see and describe it
1. What color is it?
2. What shape is it?
3. What texture is it?
4. What size is it?
5. What is it used for?

**Pick up the object and feel it in your hands**

**ANSWER QUESTIONS ABOUT THE PRESENT MOMENT**
1. Where am I, right now?
2. What day is it?
3. What class am I in?
4. What year is it?
5. What season is it?
6. How old am I?
7. What is my favorite color?

**DEEP BREATHING 4-7-8**
1. Inhale through your nose for a count of 4
2. Hold your breath at the top for a count of 7
3. Exhale through your mouth for a count of 8 – make whoosh sound

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If you are in crisis, call:
*Crisis Stabilization Unit: 707-576-8181, 2225 Challenger Way, Santa Rosa CA 95407*
*Call 911*

**Other Resources:**
*North Bay Suicide Prevention Hotline: 855-587-6373*
*National Suicide Prevention Hotline: 800-273-8255*