



# Staying Grounded During COVID

**Grounding** is simply using strategies to centre our minds and bodies; in essence giving us a break from strong emotions we may be experiencing such as fear, anxiety, sadness and anger. When we take time to use Grounding throughout our day, we then have these anchoring techniques in our wellness toolkit to use anytime, anywhere.



Here is a recap of the Grounding Strategies covered in today's webinar:

## 1) Nasal Breathing (quick reset to refresh)

Through your nose if you can, or else gently through your mouth; Take 5 deep breaths:

- ⇒ Breathe in for the count of 5... Hold slightly... breathe out for the count of 7
- ⇒ Focus on your breathing, clear your mind in this moment, and breathe.

## 2) Figure Eight Breathing: (mental and physical grounding)



### Figure Eight:

Draw a figure 8 on your forearm as you do your nasal breathing:

- ⇒ Breathe in as you draw the top of the figure eight... hold slightly at the middle...and Breathe out as you curve around the bottom of the figure 8.
- ⇒ Repeat this slow, continuous movement as you are grounded by the touch sensation and as you pay attention to your breath.



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**INTENTIONAL use of Grounding** in high pressure **situations** allows us to be **alert** and **focused** using the logical part of the brain (pre-frontal cortex) **supporting our decision-making** and actions based on observations *not* reactions.

We can also use Grounding **preventively**, as an anticipatory strategy , prior to going into difficult work situations or to restore and refresh our minds throughout the day to replenish our energy stores.

## 3) STOP Technique (slowing down-observation before action)

### STOP Practice

**S- Stop** and pay attention to this moment and your reactions (mind and body)

**T- Take** a few deep breaths. Draw your attention to your breathing, see your breathing as an anchor to ground you during this moment

**O- Observe** beyond your breathing to things around you: (sights, sounds) observing without judgment the moment as it truly is.

**P- Proceed** with intent and purpose, deciding the best way to respond, best action to take in this moment as you continue with your day.

## 4) 5, 4, 3, 2, 1 (sensory anchors, restoring calm and presence)

Start by finding a comfortable seated position, close your eyes and take a few deep breaths, now open your eyes and name:

**5-things you can see**

**4- things you can touch**

**3-things you hear**

**2-things you can smell**

**1-thing you can taste**

⇒ Ending with a few slow, deep breaths





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**Practicing Grounding** supports our mental health and well-being. Practice gives us the experience of paying attention to **HOW** and **WHEN** we may choose to use Grounding strategies to **Mindfully Re-set** despite COVID stressors or any other life challenges we are facing.

## 5 ) Self Compassion (creating space to be well in times of hardship)



### Self-Compassion

As Health Care Providers we are great at taking care of others; remember your well-being matters too.

Try this 6 minute self-compassion exercise with Dr. Germer to treat yourself with kindness in stressful or difficult situations:

Link: <https://www.youtube.com/watch?v=3Ax8Y741rxA>

## 6) 3 GOOD things (building optimism and a healthy perspective)

Try this exercise at the end of your workday or before you go to sleep. This strategy helps to shift our perspective towards optimism and gratitude:

- ⇒ Write down three good things in your day
- ⇒ Now reflect on your role in making these three good things happen
- ⇒ Do daily and share with others!

**R<sub>x</sub> for positive mental health**

*Take time to think about and write down  
3 good things about your day*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

***Recommended dosage:***  
*Do every day to bring more happiness and  
health to your day - keep up the good work!*

***Enjoy life more!***

A message from the WRHA Mental Health Promotion Team



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## Planning AHEAD:

Grounding may not remove the prolonged stress that COVID has exposed us all to; but it will give us some TOOLS to control HOW we respond in pressure moments.

The goal of Grounding is to restore our sense of CALM and maintain a healthy PERSPECTIVE supporting our ability to cope and be resilient...Planning is KEY!



**What?** Grounding technique(s) I would like to try over the next 3 weeks (choose 1-2)

**When?** Some situations or moments in my day that I will use Grounding (describe)

**How?** What needs to be in place so I can use Grounding throughout my day? (list)

Interested in the opportunity to develop additional **Coping Strategies** to support your well-being?

CLICK on links below to access professional support:

- **AbilitiCBT** [CLICK HERE](#)

Or visit: <https://www.gov.mb.ca/covid19/bewell/virtualtherapy.html>

- **EAP Connect** [CLICK HERE](#)

Or visit: <https://www.mb.bluecross.ca/member/eap/connect>



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## Some Recommended Resources:

**CLICK the links below:**

- **Shared Health Mental Health Resources:** <https://sharedhealthmb.ca/covid19/providers/mental-health-resources/>
- **AbilitiCBT Fact Sheet:** <https://sharedhealthmb.ca/files/abiliticbt-fact-sheet.pdf>
- **COVID 19 U of MB Infographic:** <https://sharedhealthmb.ca/files/covid-19-u-of-m-infographic.pdf>
- **WRHA Mental Health Promotion website:** <https://wellbeinguide.ca/wp-content/site/>
- **CMHA Winnipeg and Manitoba Wellbeing Learning Centre:** <https://mbwpg.cmha.ca/programs-services/learning-centre/>
- **Klinic Calm in the Storm app:** <http://calminthestormapp.com/>

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**Thank you for participating!**

**Stay well, be well!**