

# Stop the Merry-Go-Round: Ways to help calm the mind and body

During periods of stress, you may find your thoughts spinning. When you feel like your thoughts are going round and round, like your brain is on a merry-go-round, try 'grounding' techniques to refocus your thoughts.

Grounding is a way to calm worried thoughts by using your five senses. When your thoughts are calm, your body is more relaxed.



To feel calmer, finish one or more of the following sentences:

- I see \_\_\_\_\_ example: I see the color red.
- I feel \_\_\_\_\_ example: I feel the chair I am sitting on.
- I hear \_\_\_\_\_ example: I hear water running.
- I smell \_\_\_\_\_ example: I smell the coffee.
- I taste \_\_\_\_\_ example: I taste something sweet/sour.

The more you practice, the better you get at staying calm and grounded!

Grounding can help anyone. Use this for yourself or help a resident stay grounded.

