

# *Mindful Awareness/ Mindfulness & Grounding*

*Techniques and Tools to Manage  
Emotions*

# Agenda

- ▶ *Welcome and Introductions (5 min)*
- ▶ *Logistics of Virtual Coffee with the Counselors (3 min)*
- ▶ *Presentation (20ish min)*
- ▶ *Q & A (15 min)*

# Introductions



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# Logistics

- ▶ Please stay on “MUTE” during the presentation
- ▶ Ask all questions in the chat feature.
- ▶ Questions will be answered at the end, participants will have a chance to talk.
- ▶ Webinar is being recorded and will be posted on SSD counseling website for other parents to view later. This includes the Q&A portion.

# Objectives

- ▶ Quick review of the brain from last week
- ▶ Understand what **Grounding** and **Mindfulness** are and why they're important
- ▶ To learn some useful techniques and exercises to use for your children and or yourself

# Quick Review: The Brain and Emotional Response

## Amygdala

- The NOW
- Emotional Security Guard
- Fight, Flight or Freeze

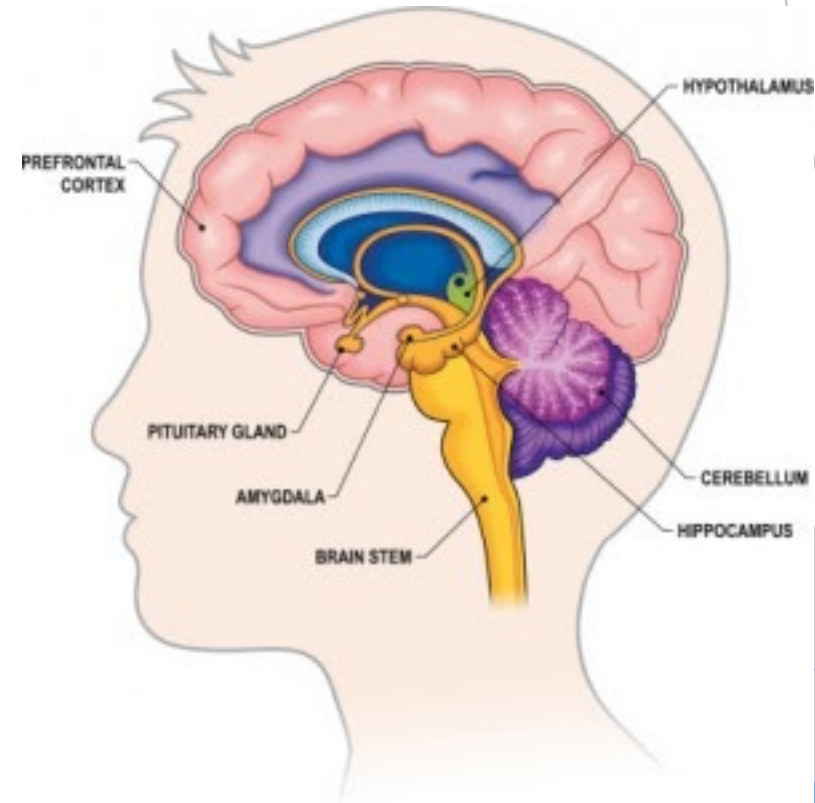
## Limbic System

### (Hippocampus)

- The PAST
- Memories, emotions and past experiences
- Can I trust you?

## Prefrontal Cortex

- The FUTURE
- Attention & Focusing
- Decision Making
- Rational Thinking/ Logic, Reasoning



***“Between stimulus and response, there is a space.  
In that space lies our freedom and power to choose our  
response. In our response lies our growth and freedom.”***

***-Viktor Frankl***

# Mindfulness and Grounding; a comparison

## Mindfulness

- ▶ paying attention, on purpose, and without judgement to what is happening right here, right now
- ▶ acknowledging and accepting one's feelings, thoughts, and bodily sensations
- ▶ maintaining a moment-by-moment awareness of our thoughts, emotions, and body with openness and curiosity.

## Grounding

- ▶ you are guiding your attention *away from* thoughts about past, negative self-talk, and guiding it *towards present safety and calm*.
- ▶ turn off your fight-flight-or-freeze response by anchoring on a safe and interesting feature of your current environment, and using your language skills to calm your limbic system (Brisbane Harmony Center)



# Mindfulness: Why we should all practice it.

- ▶ *Students who are taught to be mindfully in tune with what's happening in the moment are prepared to make sound decisions rather than be ruled by emotions.*
- ▶ *They can make the connection of brain to behavior. Show improved cognitive outcomes, social-emotional skills, and well being.*
- ▶ *Research shows that youth who practice mindfulness can develop:*

<b>Attention &amp; Learning Skills</b>	<b>Social &amp; Emotional Skills</b>	<b>Resilience</b>
<ul style="list-style-type: none"><li>• Attention &amp; Focus</li><li>• Cognitive Development</li></ul>	<ul style="list-style-type: none"><li>• Behavior in School</li><li>• Empathy &amp; Perspective Taking</li><li>• Social- Skills</li></ul>	<ul style="list-style-type: none"><li>• Emotional regulation</li><li>• Reduce anxiety, stress, &amp; negative emotion</li></ul>

# Mindfulness practices; let's look at a few


TAKE A mindful breath

1 2 3 EXHALE 1 2

HOLD Try to release your thoughts and turn your attention just to your breath. Inhale slowly, counting to 4. Hold that breath for 3, and then slowly release it for a count of 7. Repeat this 10 times.

3 4 5 6 7

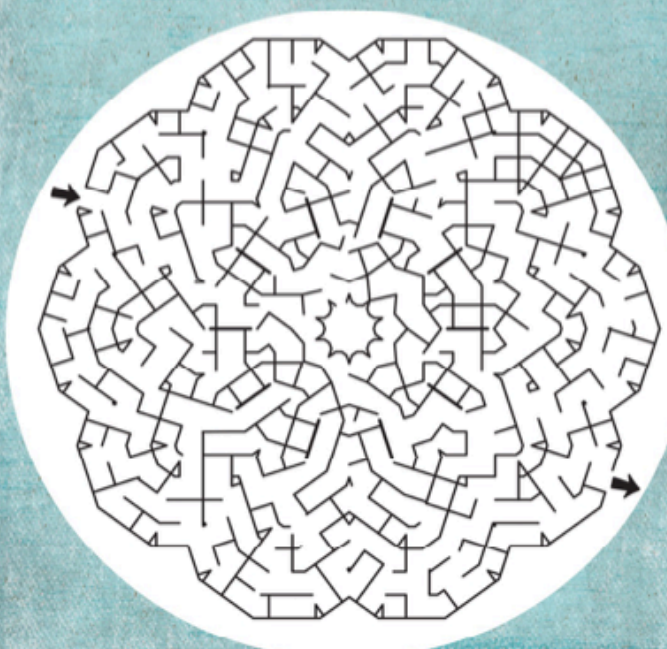
1 INHALE REPEAT



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Trace the mindful maze

Using your finger, trace your way through the maze. Try to push all of your thoughts away before you start. Focus all of your attention just on the maze. Notice the lines, the curves, & the patterns.



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mindful intentions




Today I will allow myself to feel...

Today I will be my best self by...

Today I will

then create your intention

# Mindfulness as Body Movement



Press your hands against the seat of your chair, or the floor. Puuuuush it hard so that your body lifts or almost lifts up. 1...2...3... Now let go and let your hands relax. Do it again. Press your hands to the chair...1...2...3... then release.

**CHAIR PUSH UP**  
(or floor push up!)

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# Mindfulness as Gratitude



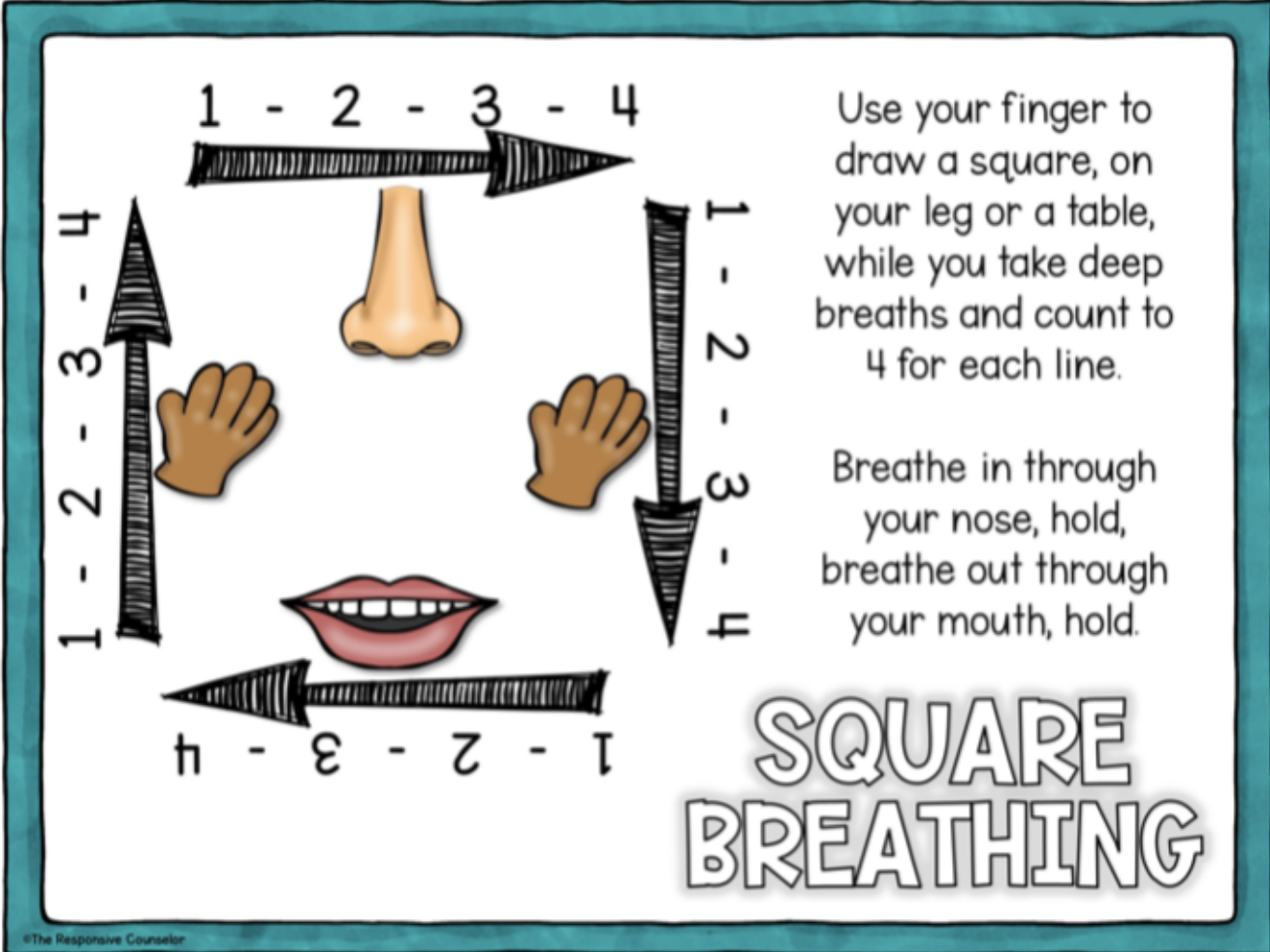
**GRATITUDE**

Thinking about the things we are thankful or grateful for can help you feel calmer or happier inside. Who is a person that you are grateful for? Something in nature? A Place? Something at home? Something at school? A memory?

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# Grounding- a practice for all

- ▶ Grounding techniques involve all parts of the body. Physical, mental, and soothing techniques call upon the body and mind in different ways to promote the interruption of stress/anxiety and negative thoughts.
- ▶ Grounding is a great way to calm down quickly. To re-orient yourself to the present moment when worries are too big. Grounding basically means to bring your focus to what is happening to you physically, either in your body or in your surroundings.



The diagram illustrates the Square Breathing technique. It features a central square with four arrows pointing outwards from the center. The top arrow points right, the bottom arrow points left, the left arrow points up, and the right arrow points down. Each arrow is accompanied by a sequence of numbers: 1 - 2 - 3 - 4 for the top and bottom arrows, and 1 - 2 - 3 - 4 for the left and right arrows. In the center of the square are illustrations of a nose, two hands, and a mouth. To the right of the diagram, there is text explaining the technique: 'Use your finger to draw a square, on your leg or a table, while you take deep breaths and count to 4 for each line.' Below this, it says 'Breathe in through your nose, hold, breathe out through your mouth, hold.' At the bottom right, the words 'SQUARE BREATHING' are written in large, bold, outlined letters. A small copyright notice '©The Responsive Counselor' is visible at the bottom left of the diagram's border.

1 - 2 - 3 - 4

1 - 2 - 3 - 4

1 - 2 - 3 - 4

1 - 2 - 3 - 4


Use your finger to draw a square, on your leg or a table, while you take deep breaths and count to 4 for each line.

Breathe in through your nose, hold, breathe out through your mouth, hold.

## SQUARE BREATHING

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# Grounding exercises cont.

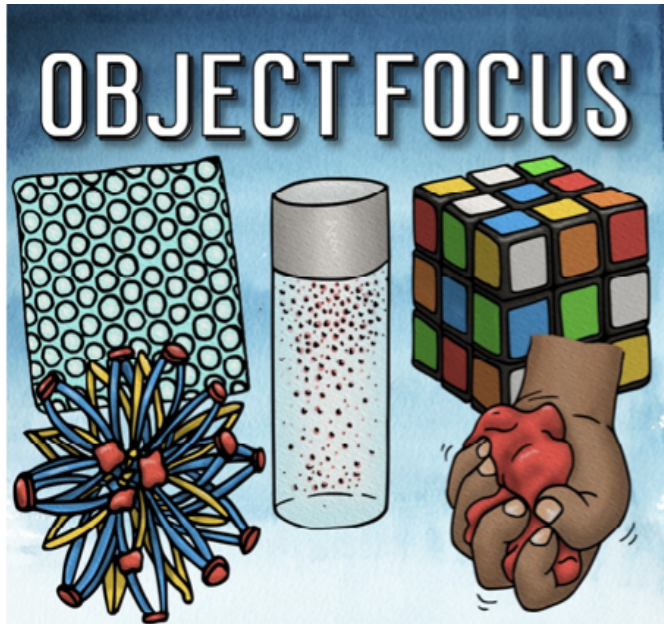


**FIVE SENSES**

Hold up one finger...what is one thing you can SEE right now?  
Put up a second finger. What is one thing you can HEAR right now?  
Now put up a third finger. What is one thing you can SMELL right now?  
Hold up a fourth finger. What is one thing you can FEEL with your body?  
Hold up your fifth finger. What is one thing you TASTE?

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# Grounding cont.



## OBJECT FOCUS

Hold an item in your hand. Put all of your attention on just this one item. Notice everything there is to notice about it. What colors do you see? What textures does the object have? Does it make a sound? How does it feel in your hand? How does it feel if you poke or squeeze it? Notice everything.

## SOMETHING I SEE THAT STARTS WITH...



## REORIENTATION

Get connected with the here and now. Say and finish these statements:

- My name is...
- I am in...
- Today is...
- The season is...
- The weather is...
- I am wearing...
- I can see...



# Resources

- ▶ <https://medschool.ucsd.edu/som/fmph/research/mindfulness/programs/mindfulness-programs/MBSR-programs/Pages/audio.aspx> (Mindfulness Practices)
- ▶ [https://www.canva.com/design/DAD3f861TiQ/sX1vRnnwhQTmdaN01li9Lg/view?utm\\_content=DAD3f861TiQ&utm\\_campaign=designshare&utm\\_medium=link&utm\\_source=publishsharelink](https://www.canva.com/design/DAD3f861TiQ/sX1vRnnwhQTmdaN01li9Lg/view?utm_content=DAD3f861TiQ&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink) (Grounding Strategies)
- ▶ The MindUp Curriculum (K-8) Brain-Focus Strategies for Learning and Living
- ▶ Counselor Keri; Mindfulness Journal
- ▶ Breathing, Body, and Mindfulness; The Responsive Counselor



# *Time for your Questions:*

*Please post your question in the chat feature. My fellow counselors and I will call on you in order to voice your question and/or get feedback.*

Join us next week  
5/13 when Ed  
Gigliotti, School  
Counselor from  
Pepper and his  
intern Alex will be  
Coffee Talking about:  
Using Expressive Arts  
at Home

THANKS!

