

Weekly Wisdom

Grow the Green for You and Your Team



“You have power over your mind—not outside events. Realize this, and you will find strength.” -- Marcus Aurelius

Anxious? Stand on Solid Ground

When aid workers come into a community devastated by an act of violence or natural disaster, their first task is to support those who have been traumatized. They often use something called the Community Resilience Model (CRM).

The CRM offers techniques to help us manage stressors, to be able to think clearly and make good decisions.

One CRM skill is called “grounding,” a technique that guides your “attention away from destabilizing thoughts to present moment safety.”

There are mental and physical grounding techniques you can try.

- Notice the feeling of your feet on the ground or your bottom on the chair.
- Imagine your favorite place in nature. Pay attention to all the sensations you’re envisioning.
- Do the 54321 activity. List 5 things you can see, 4 you can hear, 3 you can feel, 2 you can smell, and 1 thing you can taste.
- Try box breathing.
- Put your hands under cold water.
- Stretch.