



# MENTAL HEALTHY NEWSLETTER

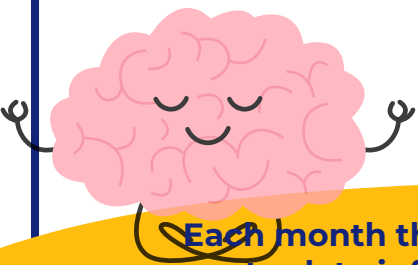


As mental health issues among individuals continue to rise year by year, month by month, and day by day, so do topics around ending the stigma on mental health. The *Mental Healthy Newsletter* focuses on raising awareness surrounding mental health and decreasing the stigma on campus.

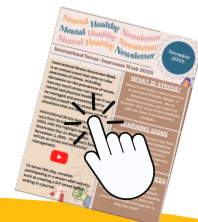
## LOOK FORWARD TO:

- ✓ Education, information, and resources about mental illness
- ✓ Tips on mental health and wellness
- ✓ A dose of inspiration and positive affirmations to get you through

As hard as we may try to remain calm, cool and collected as we go about our everyday lives, our emotions sometimes have other plans showing up with intense power at the most unexpected times. Grounding practices are useful tools that you can do regularly to help feel calm, relaxed, and present, especially during times of distress. Research suggests that the benefits of grounding and being in nature can lead to improvements in both physical and mental health by significantly reducing stress (Bence, 2025).



Click the newsletter to view more information on stress.



Each month the topic will focus on something different, providing you with up-to-date information and resources within the mental health field. If you have a specific topic or issue surrounding mental health that you would like to see here, please send an email to Kaisha Yeager at [kyeager@fpc.tx.edu](mailto:kyeager@fpc.tx.edu).

# Mental Healthy Newsletter

March 2025

The act of "being grounded" means being conscious in the present moment. Grounding techniques are coping strategies you can do to refocus your attention and anchor to the present moment with your mind, body, and surroundings, helping you feel calmer and more focused.

## GROUNDING can help with:

- Anxiety, Stress, or Panic Attacks
- Overwhelming feelings
- Trauma/PTSD
- Negative, Intrusive, or Racing thoughts
- Impulsive Behaviors
- Sleep

## Why It Works


When our body senses a stressful or dangerous situation, the sympathetic nervous system naturally kicks in to overdrive signaling the "fight-or-flight" response, preparing to defend against a perceived threat. Grounding techniques help to control unhelpful responses to racing thoughts, anxiety, or stress by activating the parasympathetic nervous system, or the "relaxation response." When focusing on things that distract from the distressing thoughts, this transition leads to a physiological response of calmness and relaxation.


What does it mean?  
Grounding


## The Five Senses:


5-4-3-2-1


Grounding involves using your 5 senses. This simple exercise helps manage intense emotions, focusing less on distressing thoughts and more on your surroundings.

 What are 5 things you can see?  
*move your head and observe your surroundings*

 What are 4 things you can feel?  
*notice the sensations of the temperature, weight and texture.*

 What are 3 things you can hear?  
*pay special attention to the sounds your mind has tuned out*

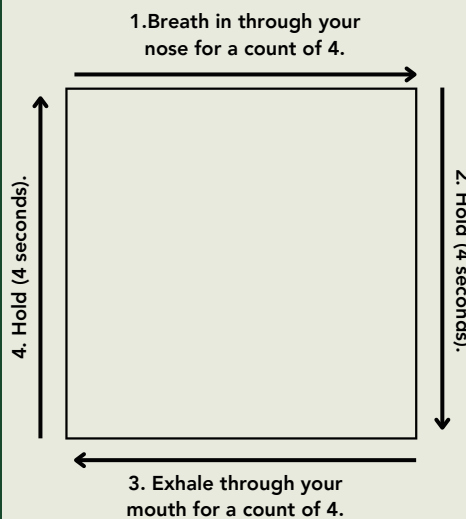
 What are 2 things you can smell?  
*Try to notice smells around you, or something with a scent*

 What is 1 thing you can taste?  
*Take a sip of a drink or carry gum, candy, or snacks*

## Box Breathing

During moments of grounding, start by taking some deep breaths. Imagine a square and as you visually trace around the square try to pace your breathing.

Repeat for 1-2 more minutes to restore focus and relaxation.



## Change the Chemistry

When our emotions are overwhelmingly intense, it's difficult for our brain to process information and calm ourselves down. Changing the chemistry involves using our body chemistry to help cope with intense emotions and distressing situations.

### Temperature:

Splash your face with cold water or apply ice cubes to your face to reduce emotional intensity.



### Progressive Muscle

#### Relaxation:

Alternate tensing and relaxing muscle groups to promote physical relaxation.

