

STOP THE MERRY-GO-ROUND:

Ways to help calm the mind and body

During the pandemic, you may find your thoughts going round and round like your brain is on a merry-go-round. When this happens, use grounding techniques to refocus.

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!



This material was adapted in part from Mental Health America "Keep Your Mind Grounded". This material was prepared by [Alliant Health Solutions](#), a strategic partner in Morehouse School of Medicine's National COVID-19 Resiliency Network (NCRN). The funding was made possible through a grant from the US Department of Health and Human Services Office of Minority Health. The National COVID-19 Resiliency Network logo are service marks of Morehouse School of Medicine.