



30 DAYS OF GROUNDING

A social media campaign by Thrivology

Introduction

Use the following captions to accompany these graphics for a month-long social media campaign focusing on grounding exercises. Feel free to post one each day, or select the posts that best fit your audience.

Contact Megan Thomas (Megan@HealthyTeenNetwork.org) with questions or comments.

Instagram Captions

Introductory Post

In times of difficulty or stress, it can feel like you're losing control. Grounding exercises help you stay connected to the present and remind you that in this moment, you are safe. Each day for the next month, we'll be sharing a different type of exercise to help you ground yourself:

🧠 **Mental:** These exercises help break distressing thoughts and focus your attention on the present.

🧘 **Physical:** These exercises use your senses or objects around you to help you stay grounded.

👂 **Soothing:** These exercises use kind and positive thoughts to bring a sense of calm and improve your mood.

Practice each technique in the moment and add it to your toolbox for tough days.

@HealthyTeenNetwork #30DaysOfGrounding #GroundingTechniques #SelfCare #Thrivology

Day 1

30 Days of Grounding | Day 1

✍️ Write out your morning routine like a script. Use the present tense, such as “I wake up... then I turn off my alarm...”

@HealthyTeenNetwork #30DaysOfGrounding #GroundingTechniques #SelfCare #Thrivology #MentalGrounding

Day 2

30 Days of Grounding | Day 2

Try "box breathing":

Inhale through your nose for 4 seconds, hold your breath for 4 seconds, exhale through your mouth for 4 seconds, hold your breath for another 4 seconds, and repeat. After a few breaths, notice how your body feels.

@HealthyTeenNetwork #30DaysOfGrounding #GroundingTechniques #SelfCare #Thrivology #PhysicalGrounding #DeepBreathing #BoxBreathing

Day 3

30 Days of Grounding | Day 3

🔄 Read the following statements and rewrite them with positive thoughts. For example, flip “I feel like I am not good enough” to “I am always learning and growing.”

- I feel like giving up.
- I feel embarrassed.
- I feel discouraged.
- I feel anxious.

@HealthyTeenNetwork #30DaysOfGrounding #GroundingTechniques #SelfCare #Thrivology #SoothingGrounding #PositiveThinking #PositiveSelfTalk

Day 4

30 Days of Grounding | Day 4

Close your eyes and picture your favorite, most peaceful place. Imagine what you see, feel, hear, and smell there.

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#MentalGrounding

Day 5

30 Days of Grounding | Day 5



Pick an activity that engages your senses. For example, splash your face with cold water, light a scented candle, or sit outside and listen to nature.

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#PhysicalGrounding #SensoryGrounding

Day 6

30 Days of Grounding | Day 6



Write something true and positive about yourself on sticky notes. Put the notes where you can see them often, like on your desk, mirror, or bedside table.

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#SoothingGrounding #PositiveAffirmations

Day 7

30 Days of Grounding | Day 7

Name...

- 5 things you see around you.
- 4 things you can touch.
- 3 things you can hear.
- 2 things you can smell.
- 1 thing you can taste.

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#MentalGrounding #SensoryGrounding

Day 8

30 Days of Grounding | Day 8

Sit comfortably or lie down. Breathe deeply in through your nose and out through your mouth.

Slowly move your focus from your head to your toes, paying attention to any sensations or emotions you notice.

@HealthyTeenNetwork #30DaysOfGrounding #GroundingTechniques #SelfCare #Thrivology
#PhysicalGrounding #BodyScan

Day 9

30 Days of Grounding | Day 9

Say these phrases out loud:

- "It was just a thought or memory."
- "It's over now."
- "I am safe in this moment."

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#SoothingGrounding #PositiveAffirmations

Day 10

30 Days of Grounding | Day 10



Set a timer for 2 minutes.

Choose a category you know well, like types of cereal or dog breeds, and list as many items in that category as you can.

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#MentalGrounding

Day 11

30 Days of Grounding | Day 11

Hold a comforting object. Pay attention to how it feels. Is it soft or hard? Bumpy or smooth? Warm or cold?

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#PhysicalGrounding #Mindfulness

Day 12

30 Days of Grounding | Day 12

🙏 Make a list of people, places, and things you are thankful for, no matter how big or small.

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#SoothingGrounding #Thankful #Gratitude

Day 13

30 Days of Grounding | Day 13

Think of a favorite song, prayer, poem, or book passage. Recite it from memory, and repeat as needed.

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#MentalGrounding

Day 14

30 Days of Grounding | Day 14

💪 Sit comfortably or lie down. Clench your entire body—your jaw, fists, and limbs. Hold for 20 seconds, then relax.

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#PhysicalGrounding

Day 15

30 Days of Grounding | Day 15

Repeat positive phrases to yourself, such as:

- "I am capable."
- "I am strong."
- "I can handle this."

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#SoothingGrounding #PositiveAffirmations #PositiveSelfTalk

Day 16

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Go through the alphabet in your mind and think of a word for each letter (e.g., A for apple, B for ball).

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#MentalGrounding

Day 17

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Sit in a chair with your feet flat on the floor. Close your eyes and cross your arms over your chest.

Gently tap your shoulders, one side at a time, while breathing deeply.

@HealthyTeenNetwork #30DaysOfGrounding #GroundingTechniques #SelfCare #Thrivology
#PhysicalGrounding #BilateralStimulation

Day 18

30 Days of Grounding | Day 18



Think about a time when you felt calm, confident, or at peace. Try to relive the positive feelings from that memory.

@HealthyTeenNetwork #30DaysOfGrounding #GroundingTechniques #SelfCare #Thrivology
#SoothingGrounding #PositiveMemories

Day 19

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Look around and name the objects you see, focusing on their colors, shapes, or what they do.

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#MentalGrounding

Day 20

30 Days of Grounding | Day 20

Press your heels into the ground and feel how your feet connect.

Spread your toes and press evenly from the big toe to the little toe, and from the front of your foot to the heel. Notice how your feet connect with the ground.

@HealthyTeenNetwork #30DaysOfGrounding #GroundingTechniques #SelfCare #Thrivology
#PhysicalGrounding

Day 21

30 Days of Grounding | Day 21

💖 Picture someone who loves or supports you. Imagine where you are, what you're doing, and what encouraging words they are saying to you.

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#SoothingGrounding #PositiveSelfTalk

Day 22

30 Days of Grounding | Day 22

Count slowly, either forwards or backwards. Try counting by twos, threes, fours, and fives for a change.

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Day 23

30 Days of Grounding | Day 23



Eat or drink something you love. Take your time and focus only on enjoying it. Don't do anything else while you savor the taste.

@HealthyTeenNetwork #30DaysOfGrounding #GroundingTechniques #SelfCare #Thrivology #PhysicalGrounding #Mindfulness

Day 24

30 Days of Grounding | Day 24

Acknowledge your feelings without judging them. Accept that your emotions are valid and it's okay to feel this way.

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Day 25

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Try a mental puzzle that makes you think.

For example: Five people are eating apples. A finishes before B but behind C. D finishes before E but behind B. What's the finishing order?

@HealthyTeenNetwork #30DaysOfGrounding #GroundingTechniques #SelfCare #Thrivology #MentalGrounding #BrainTeaser

Day 26

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Gently massage your hands, arms, or feet. Pay attention to how it feels and adjust the pressure as needed.

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#PhysicalGrounding

Day 27

30 Days of Grounding | Day 27

Relax your muscles one group at a time while repeating calming affirmations, such as:

- “I am relaxed.”
- “I feel at ease.”

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#SoothingGrounding #PositiveAffirmations

Day 28

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Think about a vacation or a favorite memory. Describe the memory in detail to yourself, remembering as much as you can.

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#MentalGrounding

Day 29


30 Days of Grounding | Day 29

Sit comfortably with your feet flat on the floor. Close your eyes and focus on the feeling of your feet touching the ground. Gently tap or stomp in place.

@HealthyTeenNetwork #30DaysOfGrounding #GroundingTechniques #SelfCare #Thrivology
#PhysicalGrounding

Day 30

30 Days of Grounding | Day 30

 Imagine your best friend came to you for support. Think about what comforting words you'd offer them. Then, consider what they might say to you if you needed encouragement.

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#SoothingGrounding #PositiveSelfTalk