



OCTOBER IS NATIONAL DEPRESSION & MENTAL HEALTH SCREENING MONTH

Find steadiness when life feels overwhelming

Tough times can leave you feeling overwhelmed or emotionally off balance. When thoughts race or emotions feel too big, grounding techniques can help you return to the present moment and regain a sense of control.



Physical grounding

Hold an object and focus on its texture, temperature and weight.



Mental grounding

Name five things you see or spell the names of friends or pets out loud.



Emotional grounding

List the things you're grateful for or think of someone who makes you feel loved.

Even small moments of calm can help you move forward with steadiness.



Scan the QR code to visit your member website for more information.