



Pause, Reset, Nourish: Collective Grounding

WHEN TO USE

- When a few members of the team wish to ground or re-regulate their nervous system together

CATEGORY

Connection, re-regulating our body, shift thoughts

THE SCIENCE BEHIND THIS PRACTICE

By shifting our attention to something that requires us to use our thinking or more evolved brain we are re-regulating the nervous system out of overdrive or shut down. This can create a meaningful shift in the body as well as foster connection in the team.

OVERVIEW

Someone initiates the collective grounding by informally asking whether others want to engage in the various game like activities that will help use think about things to give us a bit of a mental break. You can think about a variety of games you may have played as a child or ice-breaker activities.

WHAT IS NEEDED	Your imagination and humour is encouraged
PAUSE	Take a full, deep breath allowing your attention to focus inward. Noticing what is here for you now in thoughts, emotions and body sensations. Are you noticing signs of anxiety, anger, restlessness, etc. or signs of apathy, detachment, numbing, etc.? If you are familiar with the Mental Health Continuum, is your internal experience reflective of the green, yellow, orange, or red zone?
RESET	Below is a list of suggestions to get the conversation going: <ul style="list-style-type: none"> • We're going on a camping trip—everyone in sequence list something they would take on a camping trip while also listing in order what others have said before them • Describe your favourite place or activity and why • Choose a category such as food, sports, animals, etc and then a random letter of the alphabet and name all the animals you can think of beginning with that letter, you can also start at the beginning of the alphabet and name animals beginning with each letter of the alphabet • Tell others the story of your name ie why did you get named your first name • Two Truths and a Lie—this is a classic • Something you don't know about me—all take turns disclosing a fun fact about

	<p>themselves</p> <ul style="list-style-type: none"> • This just lists a few possibilities, folks can take turns being responsible for initiating this activity
NOURISH	<p>Notice once again what is here for you now with curiosity and without judgement. Take time to acknowledge the important work that you are doing and that you took a moment to reset and replenish yourself. This is good for you. This is good for others.</p>
FURTHER RESOURCES/ REFERENCES	<p>Surf the internet and ask friends and family for ideas</p>

NOTES/SPECIAL CONSIDERATION:

If further support is needed please reach out to a trusted colleague, your manager, Resilience Support Team Member, The Peer Support Line, or EAP services.