

# 5 REASONS TO USE GROUNDING TECHNIQUES



## To Develop Mental Skills

Grounding techniques are mental skills that you can practise and get better at over time.



## To Manage Difficult Emotions

They can help you to calm down and feel more in control when you are anxious or stressed out.



## To Build Resilience

They can help you to improve your mental well-being, which is an important indicator of resilience.



## To Raise Self-Awareness

By slowing down and noticing how you are feeling, you can learn more about yourself and how you respond to different situations.



## To Help You Out Anytime, Anywhere

They are flexible and can be used in lots of different situations, whenever you need them. We recommend trying out a few and picking one or two that work well for you.

[sprintproject.org/toolkit](https://sprintproject.org/toolkit)

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