Grounding to Reset

NEW YORK STATE | Office of Mental Health

New York State Trauma-Informed Network & Resource Center

ABOUT THIS TOOL

Audience
Onsite Construction and Utility Workers

Description
This is a quick 1-minute reset that helps construction workers refocus during the workday. It is simple and can be done almost anywhere on the job site. This exercise helps calm your body, lower stress, and clear your mind. It brings your attention back to the present moment so you can stay alert, make safer decisions, and do your work more effectively.

When to Use

- Feeling tense, frustrated, or irritable
- Having trouble focusing or making decisions
- Feeling fatigued, or experiencing headaches, or muscle tension
- Having a shorter temper with coworkers or supervisors
- Experiencing poor sleep or low energy

WORKPLACE STRESS

Stress is your body's natural response to pressure, danger, or heavy workloads. On construction and utility sites, stress can come from long hours, tight deadlines, heavy lifting, working at heights, extreme weather, or handling complex equipment.

THE PRACTICE

- Stop for a moment and pause what you are doing if it is safe to do so
- Look around the worksite and notice your surroundings
- Name **3 things you can see** (for example: tools, equipment, or materials)
- Notice **2 things you can hear** (such as machines, voices, or wind)
- Take **1 slow, deep breath**, breathing in through your nose and out through your mouth.

WHY THIS HELPS

High stress can make accidents more likely, slow down work, and affect your health. Recognizing stress early and using simple tools, like short breaks, breathing exercises, or talking with trusted coworkers, can help you stay safe, focused, and ready for the job.

WHY THIS WORKS

Grounding exercises help shift your focus away from stress and back to what is happening right now. When your mind is less distracted, it is easier to notice hazards, follow safety steps, and make good decisions. This can lower the chance of accidents and help you feel more in control of your work. Even a short reset can improve your focus and keep you safer on the job.

Resources:
Find additional wellness information on the NYS Trauma Informed Network and Resource Center at traumainformedny.org Looking to go deeper? Explore BREATH-BODY-MIND™ (BBM) for weekly breathwork practice, expert tips, and a welcoming community. Check out the website here for additional details.

Source:
Substance Abuse and Mental Health Services Administration (SAMHSA). (2014). *SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach.*