

For Team Leads, Facilitators, & Meeting Hosts

How to Use in Group Settings:

1. **Pick One Module** — Play during a huddle, department meeting, or agency call.
2. **Pause for Reflection** — Use 1–2 handout questions to spark discussion.
3. **Make it Interactive** — Lead a quick check-in practice as a group.
4. **Close with Application** — Ask, “What’s one thing from today you’ll try this week?”

Example Flow for a 15-Minute Huddle:

- 1 min — Frame the purpose (“This is about helping us support ourselves and each other.”)
- 8 min — Watch the video together.
- 4 min — Discuss 1 reflection prompt from the handout.
- 2 min — Share takeaways or practices to try.

For Individual Use

- Watch any module during a break, before a shift, or at home.
- Keep the printed handout nearby — it includes quick practices you can use immediately.
- Try one practice a day for a week, then notice any changes in how you feel or respond at work.

Keeping it Alive

- Rotate modules at monthly or quarterly team check-ins.
- Print and post reflection questions in common areas.
- Use QR codes or a link on posters or bulletin boards for quick access.
- Celebrate teams or individuals who share how they’ve applied a concept in their work.

These guides work best when they’re seen in action — in conversations, in team moments, and in personal practices. By creating small, consistent touchpoints, we make well-being part of our culture.

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GROUNDING GUIDES: Quick Reference Guide

Using the Grounding Guides on Your Own

- **Choose a Module** — Find them in the Resource Section of our website.
- **Watch (7–8 min)** — Follow along with the handout for notes or reflection.
- **Try a Practice** —
 - **Self-Check** — Mental Health Check-In, Name It (e.g., “Am I green, yellow, red?”)
 - **Body Reset** — Breath & Press, Shoulder/Jaw/Back Release (e.g., *slow inhale while pressing palms together, gently dropping shoulders*)
 - **Interaction Shift** — Tone Reset, Offer Choices, Pause Before Responding (e.g., “Would you prefer here or there?”, *softening your voice before speaking*)
- **Reflect** — Pick one question from the handout and jot down your answer.
- **Apply Tomorrow** — Notice what worked today then decide if you want to keep it going or try something new.

Commit to Your Daily Practice

Each day this week, choose one practice to focus on. It can be the same one or different practices.

Write it in and try it at least once during your day. Small, intentional actions add up.

Day	My Practice	When I'll Use It (Optional)
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

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