

Family Meetings Resources



Family Meeting Tips

Short article providing several tips for having a productive family meeting.

[How To Lead A Great Family Meeting - \(parentingmodernteens.com\)](http://parentingmodernteens.com)



Guide to Family Meetings

A downloadable guide for holding family meetings.

[Family Meeting Teens \(besproutable.com\)](http://besproutable.com)



How to Hold a Successful Family Meeting

Article delineating four key steps for holding a successful family meeting as well as how to handle common meeting barriers.

[How to Have a Family Meeting | Big Life Journal](#)

Grounding



Grounding is in some ways like meditation in that grounding exercises are designed to help you focus on the present moment. They are a bit different though as they are all designed to be very quick tools to help you calm yourself if you are feeling very strong emotions, like if you are having a heated disagreement with your teen. They are also helpful if you are someone who tends to disconnect from reality when you are feeling stressed or overwhelmed. Essentially grounding is a quick tool to get you back in the present moment.

Grounding Resources



Grounding Exercises

Brief descriptions of six types of grounding exercises.

<https://www.tothegrowlery.com/blog/2017/4/18/six-different-types-of-grounding-exercises-for-anxiety-intense-emotions>



Grounding Techniques

Link to downloadable worksheets and audio recordings of grounding exercises.

<https://www.therapistaid.com/therapy-article/grounding-techniques-article>