

Grounding Technique

Stay Grounded Using Your 5 Senses

Relax Your Body, Take a Few Deep Breaths and Focus on the Following...

 5 Things You Can See 

 4 Things You Can Feel 

 3 Things You Can Hear 

 2 Things You Can Smell 

 1 Thing You Can Taste 

Sometimes our minds race ahead to things in the future, to things that may or may not happen.

Or we can sometimes overthink and ruminate over things that happened last week, last month or last year.

If you are starting to feel anxious or worried, it can sometimes be helpful to pull your mind back into the present moment so that you feel a little calmer in your thinking.

The following exercise is something that we often practice with the young people we work with and the feedback from many is that they find it really helpful.

It is free and can be used at any time - for example if you are at home in your room studying for a maths exam you have in the morning.

If you start to get anxious and overwhelmed thinking 'I'm not going to do well', it can be hard to concentrate. This exercise will only take 60 seconds. You can try it out now if you want.

To start off take 3 deep breaths - in through your nose and out through your mouth and make sure to fill up your lungs.

If it helps, place your hands on your stomach and you will feel your lungs expand as you breathe in.

This is a 5,4,3,2,1 technique.

We are starting off with **5** things we can **see** around us - you can name these in your head, for example you might see the window, door, chair, carpet etc.

Then we are moving onto **4** things you can **feel**. This could be your jumper, the desk you are sitting at, or it could be the feel of your feet on the floor.

Then we are looking at **3** things we can **hear**. Sometimes it can help to close your eyes for this one as it really tunes your hearing into the

environment around you. You might hear the sound of your breathing or perhaps rain on the windowsill.

Then we move onto **2** things that we can **smell** – this could be your perfume for example, or it could be a cup of coffee you have on your desk.

Finally, name something in your mind that you can **taste** – it could again be your coffee or the last meal you've eaten.

To finish up, just take 3 more deep breaths.