

# FIVE SENSES GROUNDING EXERCISE



Grounding is a very effective and quick way to slow down and bring attention away from the hectic world we live in and instead focus on ourselves for a few minutes. Combined with breathing techniques, it's a perfect way to reduce anxiety and stress.

Use this quick exercise to step away from overwhelm and tune in to your senses. This can be done anywhere, at home, at work, at a store, any time you feel you need to slow down and relax for a couple of moments. If you're in a place where you can't physically interact with these senses, visualizing them in your mind will have the same effect.

**Look** – Notice 3 things that you see, including shape, color, texture, size, lights, etc.

**Feel** – Notice 3 things that you can feel: Your feet on the ground, a piece of clothing, a breeze, something you're holding in your hands.

**Listen** – Notice 3 things that you can hear: An appliance humming, traffic noise, a ticking clock, your own breath slowing down and exhaling fully, a cat purring, your footsteps if you're moving.

**Smell** – Notice 3 things that you might be able to smell, or imagine 3 fragrances that make you feel peaceful and relaxed.

**Taste** – Notice the taste of your tea/coffee/drink, think of the taste of what you ate for breakfast or lunch or dinner.

