

## Grounding During Times of Stress or Anxiety

Especially in times of stress or anxiety, grounding our minds and emotions can help re-center to be able to quickly get control of your thoughts and emotions.

No matter where you are, you can practice this exercise. It does not need to be a quiet space or an area where you are alone. If your mind begins to wander, take a deep breath in and focus back in on what you can see, feel, hear, smell or taste.

Pause with your feet on the ground, standing or sitting. Make your body very still.

Close your eyes and take a deep breath, feeling the oxygen fill your lungs.

Open your eyes

Name 5 things that you can see.

Take a deep breath in to the count of 4, hold it, and breathe out to the count of 4.

Name 4 things you can touch, that you feel, without moving your body.

Take a deep breath in to the count of 4, hold it, and breathe out to the count of 4.

Name 3 things you can hear with your ears.

Take a deep breath in to the count of 4, hold it, and breathe out to the count of 4.

Name 2 things you can smell.


Take a deep breath in to the count of 4, hold it, and breathe out to the count of 4.

Name one thing you can taste.

Take a deep breath in to the count of 4, hold it, and breathe out to the count of 4.


Repeat your breath work until you are feeling more calm.

### GROUNDING TECHNIQUES FOR THE SENSES

5 THINGS YOU CAN SEE 

4 THINGS YOU CAN TOUCH 

3 THINGS YOU CAN HEAR 

2 THINGS YOU CAN SMELL 

1 THINGS YOU CAN TASTE 