

GROUNDING EXERCISE

Grounding exercises are things you can do to bring yourself into contact with the present moment – the here and now. It is a great tool to help cope with anxiety.

Sit or stand still where you are. Do this exercise without moving your body. Use your eyes to look around, but try to stay still. Breathe slow and relaxed during the exercise. Take your time. Start at 5 and end at 1.

Acknowledge....



5 Things you can see around you and say them in your mind



4 Things you can hear around you and say them in your mind



3 Things you can feel near you and say them in your mind



2 Things you can smell around you and say them in your mind



1 Thing you can taste or 1 thing you are grateful for