

Grounding Exercises

Grounding exercises are techniques that may help you refocus on the present moment to distract yourself from anxious feelings.

1 5-4-3-2-1 Technique

Name 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.

2 Deep Breathing

Inhale slowly for a count of 4, hold for 4, exhale for 4. Repeat until you feel more centered.

3 Body Scan

Focus on each part of your body, from head to toe, noticing any sensations or tension. Release tension as you exhale.

4 Mindful Observation

Choose an object and observe it closely, noting its colors, textures, and details. This helps redirect your focus.

5 Grounding Through Senses

Engage your senses—hold a comforting object, listen to calming music, or enjoy a soothing scent.

6 Counting and Breathing

Count each breath up to 10 and then start again. If your mind wanders, gently bring it back to counting.

Remember, finding what works best for you may involve trying different techniques