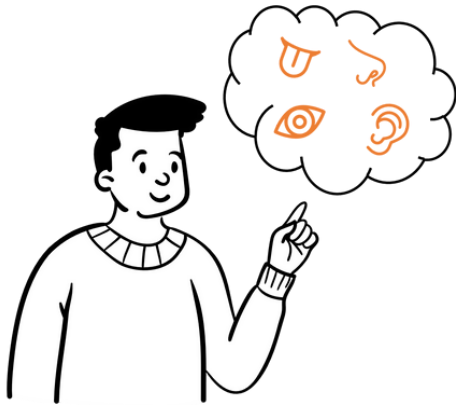




5 Senses Grounding



The five senses grounding technique is a mindfulness exercise that can be used to cultivate a sense of calm and presence in moments of distress. This technique encourages you to bring your awareness to your five senses: sight, touch, hearing, smell, and taste. By deliberately engaging with your surroundings and focusing on sensory details, you can anchor yourself in the present moment and feel more grounded.

Instructions

1. Start by taking a deep breath and bring your attention to the present moment.
2. Take a look around you and find five things that you can see. It can be anything, big or small. Notice their shape, color, and texture.
3. Next, find four things that you can touch. It can be the chair you are sitting on, the clothes you are wearing, or anything else that you can reach. Pay attention to the way they feel against your skin.
4. Now, find three things that you can hear. It can be the sound of traffic outside, the hum of the air conditioning, or the sound of your own breath.
5. Focus on two things that you can smell. It can be the scent of your surroundings, the aroma of food, or anything else that you can smell.
6. Finally, focus on one thing that you can taste. It can be the taste of a piece of candy, a sip of water, or anything else that you can taste.

Tips:

- Like any technique, the more you practice, the more effective it can become. Try it even when you're not feeling particularly stressed or overwhelmed.
- Rather than simply thinking "I see a tree," try to notice the details of the tree such as the roughness of the bark, the way the leaves rustle in the breeze, and the shades of green in the foliage.
- Take your time with each step and allow yourself to fully engage with each sense before moving on to the next. You may find that spending more time on a particular sense helps you to feel more grounded and present. That might mean that that sense is an important one to you.

For full guided video practice, please click or scan the QR code

