

5-4-3-2-1 Grounding Exercise

When everything feels like it's spinning, internally or externally, this simple tool can help you ground and come back to centre. So when you need to: pause, take a deep breath and gently name each of the following in your mind

Things you can see

5

A bird gliding in the sky, the shape of a nearby leaf, light dancing on a surface, distant trees swaying the textures of your own hands



Things you can feel



The weight of your feet on the floor, the coolness of the air on your skin, the texture of your clothes, your heartbeat pulsing gently

4

Things you can hear

3

A passing car in the distance, the rustle of leaves or your own breath flowing in and out



Things you can smell



Fresh air after the rain, a nearby plant, your favourite candle releasing it's familiar aroma

2

Things you can taste

1

A trace of mint in your tea, the minerals in a sip of water

