

GROUNDING EXERCISE 54321

5 things you can see - look at what is around you - shapes, colours, natural, man made

4 things you can touch - explore textures, How does it feel against your skin

3 things you can hear - your breathing, sounds around you, nature, man made, noises near or in the distant

2 things you can smell - concentrate on the smell, where is it coming from, clothes, food, environment

1 thing you can taste - find something nice to eat or drink, focus on taste, flavour, texture

With all the above think of the positive things they remind you of

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