

GROUNDING EXERCISE



Sometimes we forget to be 'in the present'. By going through these 6 steps you can learn to put yourself back into the present moment and reduce anxiety and stress.

1 DESCRIBE 3 THINGS YOU CAN SEE

Observe 3 items you can see, describe them to yourself using words to describe its shape, size colour.



2 DESCRIBE 2 SOUNDS YOU CAN HEAR

Describe 2 sounds you can hear, you do not need to know what the sounds are, just observe and describe without judgement.



3 DESCRIBE WHAT YOU CAN TASTE

Notice the tastes that linger in your mouth, or pop some food in your mouth, notice whether it is sweet, sour, salty, savoury or bitter



4 DESCRIBE WHAT YOU CAN SMELL

Take some time to observe the smells and scents around you. Again, you do not need to know or where they come from just observe any scents without judgement



5 DESCRIBE WHAT YOU'RE TOUCHING

Pay attention to your tactile sense. What do your hands feel? Rough? Hard? Smooth? Soft? What do your clothes/other objects around you feel like?



6 WHAT IS THE DAY AND DATE?

Tell yourself the day, date and year. Remember we are trying to engage ourselves in the present.

