

If you are feeling anxious here are some strategies that you may find helpful

### 5-4-3-2-1 Grounding Exercise

Grounding is a technique that helps us to reorient to the here-and-now, to bring us into the present. It is a useful technique that can be used almost anywhere if you are feeling overwhelmed or intensely anxious.

#### PROCEDURE

- Notice five things that you can **see**.

Look around you and bring your attention to five things that you can see. Pick something that you don't normally notice, like a shadow or a small crack in the concrete.

- Notice four things that you can **feel**.

Bring awareness to four things that you are currently feeling, like the texture of your jumper, the feeling of the breeze on your skin, or the smooth surface of a table you are resting your hands on.

- Notice three things you can **hear**.

Take a moment to listen, and note three things that you hear in the background. This can be the chirp of a bird, the hum of the fridge, or the faint sounds of traffic from a nearby road.

- Notice two things you can **smell**.

Bring your awareness to smells that you usually filter out, whether they're pleasant or unpleasant. Perhaps the breeze is carrying a whiff of pine trees if you're outside, or the smell of a fast food restaurant across the street.

- Notice one thing you can **taste**.

Focus on one thing that you can taste right now, at this moment. You can take a sip of a drink, chew a piece of gum, eat something, notice the current taste in your mouth, or even open your mouth to search the air for a taste.

This is a quick and relatively easy exercise to bring you to a mindful state quickly. It only takes a minute or two.