

# Five Senses Grounding Technique

When you feel anxious or stressed, take a moment. Use your 5 senses to bring you back to the here and now and away from the stressor.

- 5 Things you can see: Look around you. Identify 5 things you can see in your immediate area. What color is it, what shape is it, how would it feel if you were to touch it? Find the details and really focus on them.
  - 4 Things you could touch: Is it something you were able to see a moment ago, is it rough, is it smooth, is it cold, is it bumpy, what does the texture feel like? If you want to touch it, go ahead otherwise imagine it in detail.
  - 3 Things you can hear: Are there any sounds around you, is there traffic, can you hear a machine nearby, is there music, can you hear your breathing?
  - 2 Things you can smell: Is there an odor around you, maybe coffee, flowers, perfume, or mown grass? If there isn't a smell, go ahead and imagine a smell you love.
  - 1 Thing you can taste: What was the last thing you ate, perhaps it was an orange or something tangy, salty, or sweet? If there isn't a taste, what do you like to taste?
- Really focus on each one of your senses during this exercise. It will help bring you back to the present and yourself and ease any stress or anxiety you might be experiencing. You are here. You are perfect as you are. You are enough.