

Mindfulness: Grounding Exercise

5: Notice five things in your surroundings that you can see, five things you can hear, and five things you can touch. Name these either out loud or silently.

4: Notice and name four things you can see, four things you can hear, and four things you can touch. Don't worry- you can use the same items more than once.

Then 3 of each...

Then 2 of each...

Then 1 of each: One thing you see, one thing you hear, and one thing you can touch.

When you're done, sit and breathe deeply into your belly for another minute or so. *Notice how you feel.* Where was your mind during this exercise? Was it here? Was it elsewhere? All is okay, just notice. Do a quick scan of your body, starting at your toes and moving all the way up to the top of your head. How does it feel?

Practice this regularly, and especially when you are feeling anxious, worried, and you need to help your mind to slow down and come back to the here and now.

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