

Grounding techniques

5 things you can see

Look for five small details such as a pattern on the ceiling, the way light reflects off a surface, or an object you never noticed.



4 things you can feel

Notice four sensations like clothing on your body, the sun on your skin, or the feeling of the chair you are sitting in. Pick up an object and examine its weight, texture, and other physical qualities.



3 things you can hear

Pay special attention to three sounds your mind has tuned out, such as a ticking clock, distant traffic, or trees blowing in the wind.



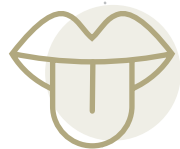
2 things you can smell

Try to notice two different smells in the air around you, like an air freshener or freshly mowed grass. You may also look around for something that has a scent, such as a flower or an unlit candle.



1 thing you can taste

Carry a gum, candy, or small snacks for this step. Pop one in your mouth and focus your attention closely on the flavours.



1 Inhale through the nose until the stomach expands.

2 Slowly let the breath out through the mouth.

3 Once settled into the pattern, focus on the breath coming in through the nose and out through the mouth.

4 Notice the rise and fall of the stomach as the breaths come in and out.

5 As thoughts come into the head, notice that they are there without judgment, then let them go and bring the attention back to the breathing.

6 Carry on until feeling calm, then start to be aware of how the body and mind feel.



Breathing techniques