Grounding Exercise - Use your five senses

This exercise can be a helpful way to cope with anxiety and panic. It helps you to keep your mind in the here and now and not what you fear might happen. Spend a few minutes becoming aware of each sense.

**1 thing you can see?**



Look around you and notice 1 thing you hadn't noticed before. Maybe the pattern on a wall, light through the window, or an object on the table.

**1 thing you can feel?**

 

Maybe you can feel the weight of your feet on the floor, or your clothes against your body. Pick up an object and notice its weight and texture..

**1 thing you can hear?**

 

Notice sounds in the background, such as the ticking of a clock or the wind or birds chirping.

**1 thing you can smell?**



Maybe you can smell coffee, or freshly cut grass. It doesn't have to be a nice smell: maybe there's yesterdays dinner plate in the sink.

**1 thing you can taste?**



Pop a piece of gum in your mouth or some juice (if you don’t have anything handy be aware of any saliva in your mouth)