

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

This exercise is meant to make you pay attention to here and now. It's very good for slowing down racing thoughts, and for helping break a mild flashback. It's best not to allow many thoughts like "I need to brush her teeth!" into your dialogue, as they are about things out of the moment. This may be difficult at first - you don't have to do it flawlessly for it to work. It also doesn't matter in which order you do the 5 senses. You can do 5 smells, 4 sounds, or whatever. Make sure to actually talk it out. It doesn't have to be out loud, but do give a dialogue around each item.

**Notice and describe in some detail 5 things you see around you right now.**

- \* I see my green mug on my desk. It has a bird drawing on it. I like how the colour is darker on the inside of the mug.
- \* I see my glass of water on my desk. It's about 1/4 full and it's got lots of smudges on the clear glass.
- \* I see the keyboard underneath my fingers. It's black with white lettering, and has a blue light lit up at the right.
- \* I see a box of Kleenex. It has blue and purple flowers on it. It says Scotties on the corner of the box.
- \* I see two pop cans on my desk. They are blue. They are shiny and reflect the light from the window. The holes on the top look like smiles.

**Notice and describe in some detail 4 things you feel with your sense of touch right now.**

- \* I feel the foam of my chair arms under my forearms. It's about body temperature and sort of soft and smooth.
- \* I feel the weight of my hair covering my ears. I can feel the hair tickle my cheek when I move my head.
- \* I feel a little chilly on all my exposed skin. I can still feel my sweat drying from my walk a little while ago. It feels nice.
- \* I feel my slippers under my feet. They're very padded and cushy and not overly warm but a little warm.

**Notice and describe in some detail 3 things you hear around you right now.**

- \* I hear the hum of the fan in the next room. It's quite loud really, with both a low note and a high note to it.
- \* I hear the tick of someone in the next cubicle typing on their keyboard. They're moving their feet on the floor making a soft shuffling noise reminding me of a soft-shoe tap dancer.
- \* I hear people chatting off in the distance down the hallway. It is a lady and a man. The lady is chuckling.

**Notice and describe in some detail 2 things you smell around you right now.**

- \* I smell stale air from the renovations being done next door. It smells stuffy. I don't like it.
- \* I smell the shampoo on my hair. It smells like soap.

**Notice and describe in some detail 1 thing you taste right now.**

- \* I taste the coffee I just finished drinking. A little bitter, and almost smokey. It is stronger between breathes.

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**5 - 4 - 3 - 2 - 1**

**Notice and describe in some detail 5 things I see around me right now.**

**Notice and describe in some detail 4 things I feel with my sense of touch right now.**

**Notice and describe in some detail 3 things I hear around me right now.**

**Notice and describe in some detail 2 things I smell around me right now.**

**Notice and describe in some detail 1 thing I taste right now.**

## Breathing Exercise

Take a deep breath and hold it. Release the breath slowly.

Take a deep breath and hold it. (counting 1-2-3-4-5 slowly) and release the breath slowly.

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## Grounding Exercise: Body Scan

Starting at your feet and moving upwards, allow your mind to scan your body. Take your time moving from each part of your body. Don't rush.

Notice the soles of your feet, your toes, in-between your toes, the top of your feet, the back of your ankle.

Do they feel hot? or cold? Do they hurt? Are they numb? Do you feel your blood circulating through them? Are they feeling tired?

Don't judge how they feel - just notice how they feel. Wiggle your toes. How does that feel?

Once you have made a strong connection with your feet you may then move your attention upwards to your ankle... then switch focus to your lower legs, onto your knee caps, behind your knees, your thighs, and so on.

Keep reminding yourself not to rush.

Allow yourself to breathe throughout the scanning process, especially as you come to any areas of discomfort (stressed muscles, soreness, etc.) or at any spot that feels like there may be an energy block.

Once you have moved through your torso and up to your neck, drop back down to your fingertips, move your attention to the hands, up your arms and shoulders, returning your attention once again to your neck before finishing up with your focus on face and scalp.

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### **Breathing Exercise**

DO FIVE TIMES Take a slow deep breath, hold it (count 1-2-3-4-5 slowly) and release breath slowly.

### **Body Scan**

Starting at your feet and moving upwards, allow your mind to scan your body. Take your time moving from each part of your body. Don't rush. Notice. Breathe.