

GROUNDING
USING THE 5 SENSES

5 THINGS (SEE)



(visualize safe place, count items in view, read)

4 THINGS (TOUCH-FEEL)



(pet dog, cat, hold a stone or crystal, hold ice, rub in lotion)

3 THINGS (HEAR-LISTEN)



Music, your voice, -repeat phrases or lyrics, count)

2 THINGS (BREATH-SMELL)



(Aroma therapy lotion, oils, smell lemon, lime)

1 THING (TASTE)



(strong mint, lemon, lime, cold grape or strawberry, hot pepper)