

Grounding Through The 5 Senses

5 things you... **SEE**

(items in the room, read, visualize safe place)

4 things you... **TOUCH**

(squeeze arms and legs, feel pets or soft items, squeeze ice, rub in lotion, push feet into floor)

3 things you... **SMELL**

(lotion, candles, coffee, aromatherapy oils)

2 things you... **HEAR**

(music, repeat calming phrases, air vents)

1 thing you... **TASTE**

(mint, gum, hot sauce, cold fruit, strong flavors)

Do this in any order you like until you feel grounded in the safety of the present moment!

