

Mindful Grounding

Before you start take a deep breath.

5 - Sight: Look for 5 things that you can see, and say their name. Look at each object individually as though you are seeing it for the first time. Notice their shape and size, colours, textures. Are they shiny or dull? Notice how the light is reflected on / off the object.

4 - Sensation: Focus on your body or an object within your immediate reach. Name 4 things that you can feel. For example, the weight of your feet on the ground, the texture of the fabric on your chair, or the feel of your tongue against your teeth.

3 - Sound: Listen for 3 sounds and name them. Try to hone in on each sound, one at a time. Notice how they compete for your attention. Now, allow the sounds to integrate, taking them all in together.

2 - Smell: Notice two things that you can smell. If you can't smell anything immediately move around or draw an object up to your nose. If you can't find anything imagine two of your favourite smells.

1 - Taste: Notice one thing that you can taste i.e. the toothpaste from brushing your teeth, a sip of a drink, the salty taste of your skin or mouth or alternatively imagine tasting something that you enjoy.