



CLEAR

GROUNDING EXERCISE

Grounding is a way to help you feel balanced and stable no matter what is going on around you or within you. It calms the mind and body. This grounding exercise uses your five senses to help you to settle your mind and body. Use it so you can be fully present and relaxed when engaging in the focused journal prompts, meditations, and reflections.

In a sitting position, place your feet flat on the floor, relax your shoulders, arms, and hands, and take a few slow, deep breaths.

Sight – Slowly look around the space you occupy. Silently, to yourself, name five things you see, one item per breath.

Gently close your eyes. Continue deep breathing.

Hearing – Silently, name four things you hear, one item per breath.

Touch – Silently, name three things you feel, one item per breath.

Smell – Silently, name two things you smell, one item per breath.

Taste – Silently, name one thing you taste; take one last deep breath.