

# Sensory Grounding and Awareness Technique

**Using your five senses can help you feel more grounded by connecting you with the present moment and your physical surroundings.**

Being grounded means being fully present and anchored in the here and now, rather than being lost in your thoughts, worries, or distractions. Engaging your senses mindfully can be a helpful technique for managing stress, anxiety, and overwhelming thoughts and feelings. By being present through your senses, you can reduce the impact of ruminating on past events or worrying about the future. This technique supports calming and can help you get through tough or stressful situations.

This exercise guides you in focusing on details of your current surroundings in the present moment through your five senses. (5 things you see, 4 things you can feel, 3 things you hear, 2 things you smell, 1 thing you can taste)

## **How to do it:**

It's always nice to start with a couple of comfortable deep breaths.

**5 - LOOK** around for 5 things that you can see and say them out loud. For example, you could say, I see the computer, I see the purple cup, I see the picture hanging on the wall....

**4 - FEEL** Pay attention to your body and think of and notice 4 things that you can feel and say them out loud. For example, you could say, I feel my feet warm in my socks, I feel the hair on the back of my neck, or I feel the texture of my shirt, I feel the coolness of the air on my skin.

**3 - LISTEN** for 3 sounds, what do you hear? It could be the sound of traffic outside, the sound of typing, the sound of the water running, or the sound of your breathing. Say the three things out loud.

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**2 - SMELL** Say two things you can smell. If you're allowed to, it's okay to move to another spot and sniff something. If you can't smell anything at the moment or move, then name your 2 favorite smells.

**1 - TASTE** Say one thing you can taste. It may be the toothpaste from brushing your teeth, or a mint from after lunch. If you can't taste anything, then say your favorite thing to taste.

Take another deep belly breath or two to end.

You can repeat this again and/or you can always list a few more things than the exercise indicates. For example, you can list 6 or 7 things you see or 4 things you hear. The more detail you notice and say out loud the more bang for your buck you get.