



Grounding

This activity is a great way to self-manage anxiety and stress. A useful tool for individuals for times we live in.

Instructions:

Take a walk into your garden or quiet greenspace area. Sit down and begin to take deep breathes in through your nose and then exhale slowly through your mouth.

Breathe in 1....2....3....4....5....

Breathe out 1.....2.....3.....4.....5.....

Try to breathe out a little longer than breathing in, this has a great effect on your Vagus nerve.

The aim of the grounding exercise is to connect with the 5 senses, spending time in their surroundings for the person to focus on:

- 5 things you can **see**
- 4 things you **feel**
- 3 things you **hear**
- 2 things you **smell**
- 1 thing you **taste**

Connect with those senses and use when required.

