

GROUNDING EXERCISE

SLOW DOWN & USE YOUR FIVE SENSES

WHEN ANXIETY RISES, TAKE A FEW MINUTES TO
BRING YOURSELF TO THE PRESENT MOMENT.



5 THINGS YOU CAN SEE



4 THINGS YOU CAN FEEL



3 THINGS YOU CAN HEAR



2 THINGS YOU CAN SMELL



1 THING YOU CAN TASTE



We are here to help.

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This content is provided as a support resource and is not intended to replace recommendations from a physician or licensed mental health professional. Dial 911 for life threatening events.

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