

GROUNDDING PRACTICE

SOOTHE ANXIETY BY EXPLORING YOUR SENSES

Your senses are so much more powerful than you may realize!

Take a moment to really tune into your environment

What do you hear?
or see? Or smell?
Or feel?

Or if you're feeling overwhelmed - think of your favorite sensations

Head over to the next page to work through this exercise on your own!



GROUNDIRG PRACTICE

SOOTHE ANXIETY BY EXPLORING YOUR SESNES

- DEEP BREATH -



5 things you
can see



4 things you
can hear



3 things you
can touch



2 things you
can smell



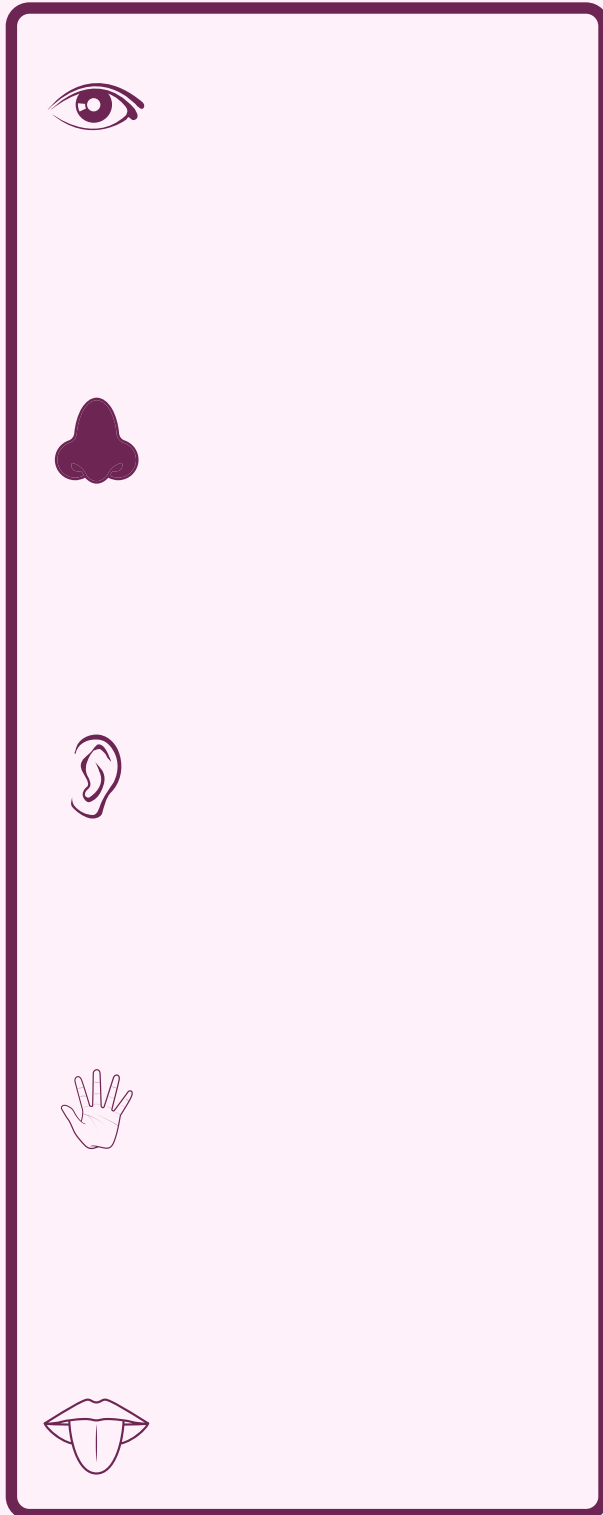
1 thing you
can taste



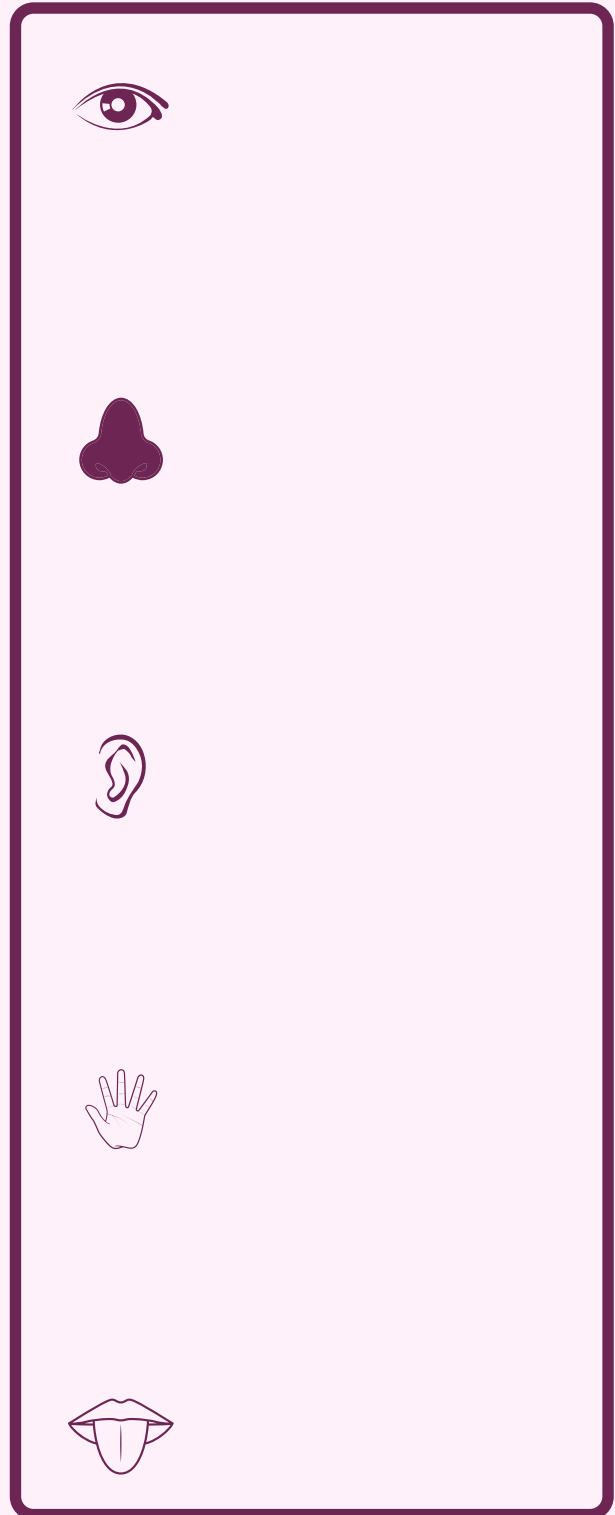
@healingtheanxiousmind

GROUNDING PRACTICE

SOOTHE YOUR MIND BY EXPLORING YOUR SENSES



This box is designed for a grounding exercise. It contains five icons representing different senses, arranged from top to bottom: an eye, a nose, an ear, a hand, and a tongue. The icons are simple line drawings.



This box is identical to the one on the left, containing five icons representing different senses: an eye, a nose, an ear, a hand, and a tongue.



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