



Grounding Exercises with Examples

1. 5-4-3-2-1 Senses

- Name 5 things you can see.
- Notice 4 things you can feel.
- Identify 3 things you can hear.
- Find 2 things you can smell.
- Name 1 thing you can taste.

When to use: Use this when you feel overwhelmed or caught in racing thoughts. Example: during a panic attack or before a big meeting.

How long: Takes about 2–3 minutes.

2. Deep Breathing with Counting

- Inhale through your nose for 4 counts.
- Hold your breath for 2 counts.
- Exhale slowly through your mouth for 6 counts.
- Repeat 5 times.

When to use: Use this when you feel anxious, restless, or unable to focus. Example: before bed to calm your mind.

How long: Takes about 2–4 minutes.

3. Name and Describe Objects

- Look around and pick an object.
- Describe its color, shape, size, and purpose.
- Repeat with 3–5 items.

When to use: Use this when you feel disconnected or spaced out. Example: in class, at work, or in a waiting room.

How long: Takes about 3–5 minutes.



4. Body Scan

- Close your eyes if you like.
- Start at your head and notice sensations.
- Move down through shoulders, chest, stomach, legs, and feet.
- Take a deep breath and open your eyes.

When to use: Use this when you notice physical tension or feel 'stuck' in your body.

Example: after an argument or long workday.

How long: Takes about 5 minutes.

5. Grounding with Movement

- Stand up and plant your feet firmly on the ground.
- Press your feet into the floor and notice the support.
- Wiggle your toes or shift your weight side to side.
- Say to yourself: 'I am here. I am safe.'

When to use: Use this when you feel frozen, numb, or detached. Example: after receiving upsetting news or during stressful events.

How long: Takes about 1–2 minutes.