



# Empower Your Mind with Counselling

Explore your thoughts in a safe, affirming space.

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## Five Senses Grounding

*A simple tool to bring you back to the present moment*

Say quietly or in your mind:

**5 things you can see** – Look around and name them slowly.

**4 things you can feel** – Notice the texture of your clothes, the surface under you, the air on your skin.

**3 things you can hear** – Listen deeply for background sounds.

**2 things you can smell** – If nothing is obvious, notice the air or your surroundings.

**1 thing you can taste** – You might notice the taste in your mouth or sip water.

Pause for a moment to feel your body in space. Take one slow, deep breath.

### Disclaimer:

These practices are intended to support your well-being, but they may not be right for everyone at all times. If at any point something feels overwhelming, unsafe, or “off” for you, please stop. Gently return to something that feels familiar and grounding, such as having a warm drink, wrapping yourself in a blanket, talking to a trusted person, or simply taking a moment to notice your surroundings. You know yourself best. Trust that.