

Grounding Exercise for Anxiety

- 5: Describe 5 things you see
- 4: Name 4 things you feel (my feet on the floor or the air in your nose)
- 3: Name 3 things you hear right now (traffic outside)
- 2:Name 2 things you can smell right now (or 2 smells you like)
- 1: Name 1 thing you can taste or something you love about yourself