



5-4-3-2-1 Grounding Pdf

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Instructions: Sitting or standing, take a deep breath in, and list the following A calming technique that connects you with the present by exploring the five senses. If you're feeling anxious, stressed or overwhelmed, try using this sensory grounding technique to help ease the worry and bring your brain back to the present moment. In this exercise, you are encouraged to break your attention free from traumatic images, thoughts and feelings by, instead, focusing on and connecting with your current external surroundings . Grounding Technique Author: Chris Williams Keywords: DAExZ9puyOw,BAEF-KU85C0 Created Date: 12/2/ PM. In this exercise, you are encouraged to break your attention free from traumatic images, thoughts and feelings by, instead, focusing on and connecting with your current external surroundings through the intentional use of your senses (here and now), with the goal of reducing upsetting anxious feelings. Grounding Exercise When your mind is racing, grounding helps bring you back to the here and now. If you ever feel overwhelmed, anxious or disconnected from your environment, "" is an exercise to help you relax. •Describe 5 things you see in the room •Name 4 things you can feel.