Grounding Techniques

5, 4, 3, 2, 1
Look around the room and name five things you can see, hear, feel, smell, and taste. Then repeat the exercise by finding four new things, then three, two and so on.

Three items
Look around the room and choose three items. Describe them, including their colour, texture, shape, size, uses, and origins.

Five senses
Try to notice something with each of your five senses: sight, sound, smell, taste and touch.

Special item
Keep a small item in your pocket (such as a stone) and hold the item. Bring your attention to the sensation of the item in your hand, including its weight and texture.

Counting
Count backwards from 20.

Notice your breath
Take a deep breath, as you exhale, imagine breathing out through the soles of your feet. Feel the connection between your feet with the floor beneath you. Do this three times.

Naming categories
Choose a category (e.g. colours, shapes, textures), then look around the room and name everything you can see in that category.

Focus on sounds
Listen carefully. Name all the sounds that you can hear around you, inside and outside.

Connect with the chair
Sit down and draw your attention to how your body connects with the chair – the way that it supports your weight, and the places where your body makes contact with it.

Cold water
Have a few slow sips of cold water. Notice the sensation of the cold water in your mouth and as you swallow.

Adapted from the University of Sidney Counselling and Psychological Services (CAPS)