

# One Moment of Grounding

When the brain senses danger, it triggers the anxiety response in the body.  
Your senses help your brain calm down and refocus.

When anxiety rises, try this:

5

## Sight:

Look around. Find 5 items of the same color (white, blue, brown.. whatever catches your eye).

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

4

## Touch:

Touch 4 nearby items. Notice each one: what's the texture? Warm or cool? Heavy or light?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

3

## Hearing:

Listen to your surroundings. Try to identify 3 sounds, near or far.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

2

## Smell:

Smell 2 things around you: a spice, lotion, fresh air, anything nearby.

1. \_\_\_\_\_
2. \_\_\_\_\_

1

## Taste:

Notice the taste in your mouth. Sweet, bitter, nothing special. Just notice.

1. \_\_\_\_\_

A small reminder: you are here, in this moment. Take a breath.