

THE 5 SENSES GROUNDING EXERCISE

Step One:

When emotions feel overwhelming, grounding helps you reconnect to your body and surroundings. By focusing on your five senses, you can calm your nervous system and remind yourself: I am here. I am safe.



Name 5 Things You Can See

Look around you. Big or small, ordinary or beautiful. Write or say them aloud:



Name 4 Things You Can Feel

Notice textures, temperatures, or surfaces around you. Examples: your clothing, a chair, your hands resting.



Name 3 Things You Can Hear

Tune into sounds near and far. Examples: a fan, birds, your own breathing.



Name 2 Things You Can Smell

If nothing comes to mind, think of your favorite scents (coffee, soap, flowers).



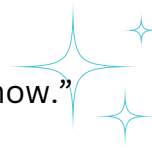
Name 1 Thing You Can Taste

Notice the taste in your mouth or sip water/tea to focus here.



Take another deep breath.

Say to yourself: "I am safe in this moment. I am here now."



Optional: Write how you feel after completing this exercise:

Tip for Survivors: Keep this page printed and folded in your bag, journal, or nightstand. Use it whenever you feel anxious, triggered, or disconnected.

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