Mindfulness Exercise: The Five Senses Grounding Technique

Objective: This exercise helps individuals ground themselves in the present moment by focusing on their senses. It is particularly useful for reducing stress, anxiety, or overwhelming emotions.

Instructions:

1. Find a Comfortable Position:

- Sit in a comfortable chair or lie down in a quiet place.
- Keep your back straight and hands resting comfortably.
- Close your eyes if you feel comfortable or keep them open with a soft gaze.

2. Take Deep Breaths:

- Begin by taking 3 slow, deep breaths.
- Inhale through your nose for a count of four, hold for four, and exhale through your mouth for a count of six.

Five Senses Exploration

1. Sight

- Open your eyes if they're closed. Look around you.
- Name five things you can see.
 - Examples: "I see a blue pen, a window with sunlight, a painting on the wall..."
- Focus on the details, such as colours, shapes, or patterns.

2. Touch

- Notice the sensations of touch around you.
- Identify four things you can physically feel.
 - Examples: "The softness of my sweater, the warmth of the cup in my hand..."
- Pay attention to textures, temperatures, and pressure.

3. Hearing

- Close your eyes again if you're comfortable.
- Listen for **three sounds** you can hear.
 - Examples: "The sound of birds chirping, the hum of the air conditioner, my own breathing..."
- Notice how each sound comes and goes.

4. Smell

- Focus on your sense of smell.
- Identify **two things** you can smell.
 - Examples: "The coffee on the table, the faint scent of flowers nearby..."
- If you don't notice any smell, you can imagine a scent you enjoy.

5. Taste

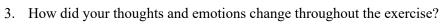
- Bring awareness to your mouth and identify **one thing** you can taste. Examples: "The lingering flavor of tea, the freshness of water..."
- If you're not eating or drinking, think of a recent taste you enjoyed.

Wrap-Up:

- After completing the senses exercise, take one more deep breath.
- Reflect on how you feel compared to when you started.
- Write down any changes in your mood, thoughts, or sensations.

Worksheet Questions:

- 1. What did you observe during the exercise?
- 2. Were there any challenges in focusing on your senses?



4. How might you use this exercise in your daily life?

