

## 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?

3. How did your thoughts and emotions change throughout the exercise?
4. How might you use this exercise in your daily life?



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