A Grounding Exercise

For moments of anxiety or overwhelm

> When anxiety or overwhelm takes hold, it can feel like your mind is racing somewhere else entirely. Grounding techniques use your senses and breath to bring your attention gently back to the present moment. This isn't about making difficult feelings disappear — it's a way to steady yourself while they pass.

THE 5–4–3–2–1 TECHNIQUE

Slowly work through your senses. There's no rush — take your time with each one.

- ☐ 5 things you can **see**
- ☐ 4 things you can **touch or feel**
- ☐ 3 things you can **hear**
- ☐ 2 things you can **smell**
- ☐ 1 thing you can **taste**

BOX BREATHING

A slow, steady breathing pattern can help calm your nervous system. Trace each side of a box with your finger or eyes as you go.

1. Breathe in slowly for 4 counts
2. Hold for 4 counts
3. Breathe out slowly for 4 counts
4. Hold for 4 counts, then repeat

HOW ARE YOU FEELING NOW?

Intensity of anxiety, before (0–100): _____ After: _____

This worksheet is for personal use and information only. It isn't a substitute for professional support, and doesn't replace an assessment or treatment from a qualified therapist. If anxiety is severe, persistent, or you're in crisis, please reach out to your GP, local emergency services, or a crisis helpline. — valencia-counselling.com