

5 Senses Grounding

Introduction



Sometimes we can really struggle with thoughts and emotions, even after we have talked to someone about them.

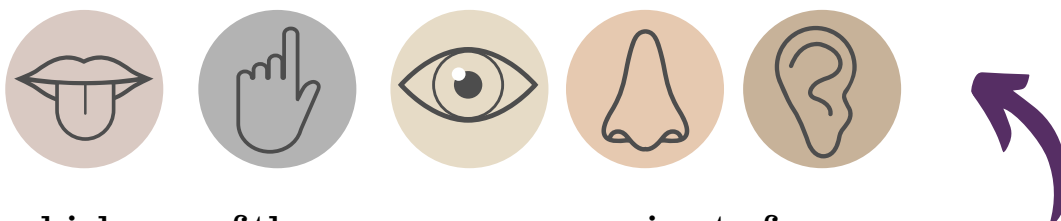
After reading Rose's story in 'tips, tricks & sciency bits to manage anxiety', you will know that using one or more of the 5 senses is a simple yet magical way of bringing thoughts and awareness into the present moment, making us more grounded, calmer, and able to think and act more positively.

Another great 'sciency' fact about practising focusing on our senses is, as re-iterated by our librarian Mrs Hicks:

“you cannot focus on a thought and on a sense at the same time”



It may take some practise to be able to hold your focus on a sense, but it is time well spent so why not have a go now. Choose one of your 5 senses (taste, touch, sight, smell, hearing), and give your powers of grounding a go.



Circle which one of the senses you are going to focus on now

Use the box below to write down what you noticed about what you focused on and if you managed not to have 'other' thoughts when doing this.