

# "I feel overwhelmed, anxious or like I'm about to explode!"

If this sounds like you try these grounding techniques to direct your mind towards the present moment, away from worries, thoughts or memories.

## 5-4-3-2-1 Technique

This technique requires you to focus on your surroundings through your senses. Try to be as detailed as you can and notice the things your mind might normally miss.

5

**things you can see?**

Look for small details such as a pattern on the ceiling, the way light reflects off a surface, or an object you never noticed.

4

**things you can feel?**

Notice the sensation of clothing on your body, the sun on your skin, or the feeling of the chair you are sitting in. Pick up an object and examine its weight, texture, and other physical qualities.

3

**things you can hear?**

Pay special attention to the sounds your mind has tuned out, such as a ticking clock, distant traffic, or trees blowing in the wind.

2

**things you can smell?**

Try to notice smells in the air around you, like an air freshener or freshly mowed grass. You may also look around for something that has a scent, such as a flower or an unlit candle.

1

**thing you can taste?**

Carry gum, candy, or small snacks for this step. Pop one in your mouth and focus your attention closely on the flavors.

## Body awareness

Bring your attention to the here-and-now through focusing on sensations in the body and breathing.

To begin, find yourself a space to sit or lay down.

### **Focus on your breathing.**

Inhale deeply into your belly and exhale bringing your belly in towards your spine.

### **Wriggle your toes.**

Continuing with your deep breathes wriggle your toes bringing your awareness to the sensations in your feet

### **Tense and release.**

Moving up to the legs, with each inhale tense the muscles in your legs and on the exhale release them along with any negative emotions/stress. Continue this process of tensing and releasing with each body part that follows.

### **Finish with a stretch**

Once you've brought your awareness to your whole body finish with a few deep breaths and a stretch, recognising a feeling of calm throughout your body.

## Colouring In

### **Did you know?**

Coloring has the ability to relax the fear center of your brain, the amygdala. It induces the same state as meditating by reducing the thoughts, stress and anxiety of a restless mind.

Free downloadable colouring in sheets are available on our website

