



LAURA WAGNER

grounding exercise

Grounding means bringing your focus to what is happening in your body or your environment as a means of dissolving thoughts that fuel feelings of worry, fear, doubt or anxiety.

One way to do this is through connecting with our physical senses so that our minds and bodies can collaborate and get present. Use this template to set the tone for your day, or “as needed” -- when you begin ruminating or inventing negative future scenarios. This is called the “5-4-3-2-1” exercise. I’ve also included some sensory suggestions.

Five things I see:
Four things I can touch:
Three things I hear:
Two things I smell:
One thing I can taste:

- Looking at photos or other objects around you.
- Focus on one thing in a room for a few minutes.
- Touching a blanket, noticing the texture of a fabric or the outside of a cold glass of water.
- Drinking that cold glass of water.
- Listen to music and focus on the words and melodies.
- Walk outside and take in the sounds: birds, traffic, faraway voices, dogs barking.
- Take deep breaths and watch your chest rise and release the air. T
- The taste of the coffee you’re drinking or soup you’re having for lunch.
- Feeling the ground beneath your feet as you sit in a chair.
- Light a candle with a scent you love.
- Wash your hands - notice the feel of the water and smell of the soap.



Laura Wagner is a licensed psychotherapist, life coach, and fitness professional based in Louisville, Kentucky. She teaches women how to claim the power of their minds and bodies and live an extraordinary life. Learn more about Laura:

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