

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Grounding Exercise

### Reconnect with the present moment using your senses

Use your senses to gently bring your mind back to the present. Move through each step slowly, noticing the details of your environment without judgment.

Time: **10-15 minutes**

- I am ready to begin



### 5 Things I Can See

Look around you. Notice five things you hadn't noticed before. Focus on colors, patterns, or shapes.

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### 4 Things I Can Feel

Bring attention to your body. What textures, temperatures, or points of contact can you physically feel right now?

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### 3 Things I Can Hear

Listen carefully to your surroundings. Focus on external sounds, both near and far.

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## 2 Things I Can Smell 🕯️

Shift your focus to your sense of smell. If you can't smell anything right now, recall a favorite scent (like coffee, rain, or lavender).

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## 1 Thing I Can Taste 🗨️

Focus on your mouth. Can you taste anything? Alternatively, take a sip of water or imagine the taste of a piece of fruit.

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## Calm Reflection

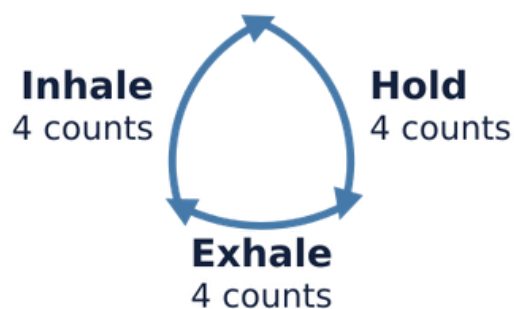
**Before & After:** How do you feel now compared to when you started? What changed in your body or thoughts?

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### Breathing Reset:

Take 3 slow, deep breaths following the guide above.

I completed slow breaths

## Affirmation



**I am here. I am safe. I am grounded.**

I feel more present