










Grounding and Focusing Exercises

- ✓ To do when feeling anxious or out of control
- ✓ Choose as many exercises as you like



1. Remind yourself of who you are now

	Say your name
	Say your age
	Say where you are now
	Say what you have done today
	Say what you will do next.





2. Take 10 slow breaths

	Focus on the breath in
	Focus on the breath out
12345 678910	Count your breaths to 10



3. Sip a drink of warm tea

	Hold the warm cup in your hands
	Take small sips of the tea.



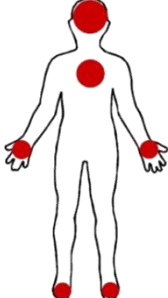
4. Sip a drink of cold water

	Hold a cold bottle or glass of soft drink in your hands
	Feel the coldness of the bottle or glass
	Feel the wetness on the outside
	Note the coldness as you sip the water.

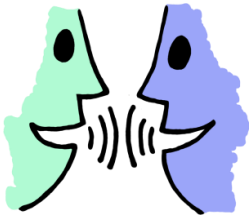

5. Step outside

	Notice the temperature difference
	Notice the different sounds.



6. Be aware of your body

	<p>Feel the chair / or ground underneath you</p>
	<p>Notice the weight of your body pressing on the chair / or ground</p>
	<p>Pay attention to all parts of your body, one by one.</p>



7. Listen

	<p>Notice sounds you can hear nearby</p>
	<p>Notice sounds you can hear far away.</p>


8. Listen

	Listen to a piece of music
	Try to listen to all the parts of the music.

9. Look

	Notice what is around you
	Name things you can see.

10. Smell

	Notice smells around you
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Name the smells.

11. Touch



Touch a pet or a different fabric



How does it feel on your hand?









How does it make you feel?

12. Tend to plants



Looking after plants, water and re-pot them, feel the soil.

13. Observe

	<p>Look at a leaf and try to give it your attention for 5 minutes</p>
	<p>Notice the colours</p>
	<p>Notice the shape</p>
	<p>Notice the patterns</p>
	<p>Return the leaf to the ground and look away</p>
	<p>Can you find the same leaf again?</p>