

5, 4, 3, 2, 1 Grounding

This grounding practice helps bring you into your body in the present moment. Try it when you are feeling *overwhelmed, detached or disconnected* to your body.

Notice how you feel before and after the exercise

Take a moment and identify the following;

5

Things you see



4

Things you feel



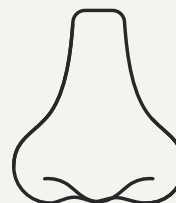
3

Things you hear



2

Things you smell



1

Thing you taste

