



St Oswald's
Hospice

Grounding techniques

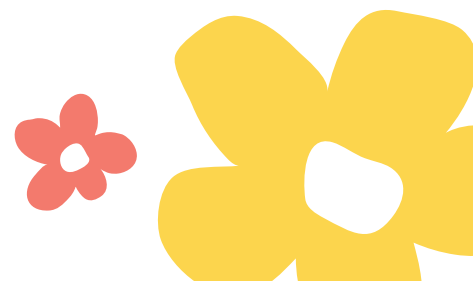
Explanation:

Grounding is a practice that can help you pull away from unwanted thoughts and negative or challenging emotions.

The 5-4-3-2-1 technique helps distract you from what you're experiencing and refocus on what's happening in the moment.

Resource:

- Working backward from 5, use your senses to list things you notice around you.
- Start by listing five things you can see, then four things you touch, then three things you can hear, two things you can smell, and one thing you can taste.
- Really make an effort to notice the little things you might not always pay attention to, such as the colours of the flowers or leaves, flecks of colours in your carpet and the gentle hum of outside chatter or play.



5 4 3 2 1 Grounding Exercise



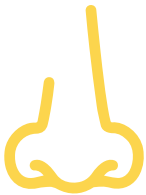
| | | | | |
|--|--|--|--|--|
| | | | | |
|--|--|--|--|--|



| | | | |
|--|--|--|--|
| | | | |
|--|--|--|--|



| | | |
|--|--|--|
| | | |
|--|--|--|



| | |
|--|--|
| | |
|--|--|



| |
|--|
| |
|--|

For more information on grounding please check out this [website](#).

