

Grounding technique to help during an anxiety attack

Look around you...

5

Look for 5 things you can see.
Say their names out loud.
Which one is nearest to you?



4

Find 4 things you can touch. Touch them.
How do they feel under your fingertips?



3

Listen for 3 things you can hear.
Can you identify what is making the noise?



2

Sniff 2 things that you can smell.
Do the smells remind you of anything?



1

Taste 1 thing in your mouth.
What did you last eat or drink?



This is called grounding. It can help you to feel calm when you feel like you have lost control of your surroundings. It is a simple technique within mindfulness, to help you notice what is in front of you. One of the senses might be more heightened than another during an anxiety attack. If you notice that you struggled to focus on one of the examples, go back to it and repeat it again.

When you have settled and feel calmer, and your heart rate has come back down, focus on your breathing. Sit in a comfortable sitting position. Breathe in deeply and exhale completely, for 3 breaths.