

# MINDFULNESS

## *Grounding exercise*

*Anxiety often sends your thoughts racing while worrying about the future and how things will turn out with your health. Use the 5-4-3-2-1 exercise to reset your mind (and your nervous system) to the current moment, calming your thoughts, emotions and body.*

<i>Mindfulness 5-4-3-2-1 Exercise</i>	
<p><i>Vision</i></p> <p><i>Name 5 things you can see?</i></p>	<p><i>Hear</i></p> <p><i>Name 3 things you can hear.</i></p>
<p><i>Touch</i></p> <p><i>Name 4 things you can touch.</i></p>	<p><i>Smell</i></p> <p><i>Name 2 things you can smell.</i></p>
<p><i>Taste</i></p> <p><i>Name one thing you can taste.</i></p>	

# PRACTICE

## *Guided Imagery*

*Think of a place you've been (or want to go) that makes you feel safe. Follow the prompts to explore that space further.*

### *What are the things you see in your safe space?*

*Take a moment to observe all the details (big and small) in your safe space.*

*Picture yourself in that space and what is around you. Write what you see below.*

### *Explore the things you can feel in your safe space.*

*List the things you can feel in your safe space. Identify the textures, temperatures and how each item feels against your skin.*

### *What scents and aromas do you smell there?*

*As you take in your safe space, take a moment to notice the different smells in the space (i.e., nature, candles, food, perfume, fabric softener, etc).*

### *What sounds do you hear near and far off?*

*What can you hear in your safe space? Is it loud or soft? Soothing?*

*What can you taste while in your safe space?*

*Observe something you can taste in your safe space. Envision yourself tasting it right now. Consider the temperature (hot, lukewarm, cold). Is it sweet, sour or spicy?*

Take a few deep breaths. Allow yourself to refocus on the current moment.

*What thoughts are you observing right now?*

---

---

---

*What feelings did you observe during the exercise and afterwards?*

---

---

---

*What did you notice about your body during and after the exercise?*

---

---

---

Remember, you can help yourself feel physically and emotionally safe, even when not physically in your safe space. Take your mind there and explore it with your 5 senses whenever you need it.