

Grounding is about being truly present in the moment rather than somewhere else in our head.

It's easy to get caught up in ruminating on the past or worrying about what might happen in the future. This is a significant source of stress and anxiety in our lives.

Instead of trying to change thoughts, feelings and sensations, we can practice observing things with curiosity, exactly as they are.

Practicing grounding techniques can help us to feel calmer, more regulated and better connected.

Try this exercise in grounding:

Grounding technique for anxiety

Focus on your breathing and identify



5 things
you can **see**



4 things
you can **touch**



3 things
you can **hear**



2 things
you can **smell**



1 thing
you can **taste**

 **Mind Devon**

