

5-Minute Grounding Guide

A short exercise for moments when your mind feels crowded, fast or pulled in too many directions. You can use the whole sequence or choose the part that feels most useful.

1. Arrive where you are

Place both feet on the floor if that is comfortable. Notice the support underneath you. You do not need to force yourself to relax; simply notice that you are here, in this moment.

2. Look outward

Name five things you can see. Choose ordinary details: a shape, a shadow, a colour, a texture or an object nearby. Let your eyes move slowly rather than scanning for danger or problems.

3. Notice physical contact

Name four things you can physically feel: your feet inside your shoes, the chair beneath you, fabric against your skin, or air on your hands.

4. Listen

Name three sounds. Try to include one close sound and one farther away. You are not judging the sounds; you are simply locating yourself in the present environment.

5. Breathe normally, but more deliberately

Take two or three comfortable breaths. Avoid forcing a very deep breath if that feels unpleasant. Let the exhale become slightly slower than the inhale if that feels natural.

Ask yourself: **What needs my attention in the next ten minutes?** Not tonight. Not next week. Just the next ten minutes.

If your thoughts keep returning

That does not mean the exercise failed. Minds return to worries. Notice the thought, name it simply - "I am thinking about work," "I am predicting," or "I am replaying" - and bring your attention back to one thing you can see or feel.

A 30-second version

- 1 Feel your feet or the chair supporting you.
- 2 Name three things you can see.
- 3 Notice one sound.
- 4 Take one comfortable breath.
- 5 Choose one small next action.

A useful reminder

Grounding is not about proving that everything is fine. It is about giving your attention somewhere stable enough to decide what to do next.

Important: This resource provides general wellbeing and self-development information. It is not medical advice, diagnosis or treatment, and it is not a substitute for professional or emergency support. If you are concerned about your mental or physical health, contact an appropriately qualified healthcare professional.