**For immediate assistance**: Click the link below, while aiming to take deep slow breaths; if preferred, skip the introduction and the **technique begins at 00:58**, making this grounding exercise under two minutes long.

[How to heal anxiety // The 5 Senses Technique - Bing video](https://www.bing.com/videos/search?q=anxiety+grounding+techniques+five+senses&qpvt=anxiety+grounding+techniques+five+senses&view=detail&mid=1E7C79A46E8EB13F25571E7C79A46E8EB13F2557&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Danxiety%2Bgrounding%2Btechniques%2Bfive%2Bsenses%26qpvt%3Danxiety%2Bgrounding%2Btechniques%2Bfive%2Bsenses%26FORM%3DVDRE)

**Five sense grounding technique**

This technique is useful to bring you back to the present and make you feel in control.

* Step one – name five things you can **see**
* Step two – name four things you can **feel**
* Step three – name three things you **hear**
* Step four – name two things you **smell**
* Step five – name one thing you can **taste**

The purpose of these techniques is to help you feel secure and bring you back into the present. It may not be possible to find all of the above in the immediate surroundings, so you make a wish to think of a favourite smell. Perhaps the scent of roses or the taste of chocolate. Hopefully, by focusing on these senses you will have begun to feel less anxious. Sometimes you may feel a benefit from repeating the process.

**An occupied mind**

Many people with anxiety find that when they do not have something to focus on their mind wanders. Negative thoughts or worries can become overwhelming, thus leading to anxiety. It is therefore important to prioritise time for the thing you do enjoy doing that **enable your focus to be directed elsewhere**. One such example, baking a cake, can be a useful practice to help to ground yourself at the moment.

**Keeping hydrated**

**Small sips of water** now and throughout the day can contribute to reducing anxiety. Much research has shown that keeping hydrated, not only provides the brain and other organs with the fluid needed to function optimally. Furthermore, heightened heart rate and heavier breathing are indicators of fluid is being lost through breath vapour and sweat. Studies have shown that being only 0.5 litres dehydrated, the consequence is higher cortisol levels – which are strongly correlated to high stress (Shaw, 2021). The message here is to ensure you drink the daily recommended amount of water, suggestions from well-known health websites are between 1.2 litres and 2.0 litres per day (this is the equivalent of 6-8 glasses).

**Measured breathing**

In these moments, the aim is to slow any movement and sit down if there is an opportunity to. To steady an accelerating heart rate, **counting seconds of inhales and exhales**, elongating the seconds of each to around 6-10 seconds or as near to this as you can manage. Focusing on one thing allows your mind to direct concentration away from any intruding thoughts.

**Thank you but no thank you**

A great tip from Bea’s blog on [The best tips for managing anxiety I learnt in therapy (youngminds.org.uk)](https://youngminds.org.uk/blog/the-best-tips-for-managing-anxiety-i-learnt-in-therapy/). It suggests saying to yourself in anxious moments ‘thank you but no thank you’. By carrying out this process you are understanding that your mind is looking out for you. By re-framing the negative thought process into a more positive one reinforces self-care and the potential to reduce anxiety.

**Note: Research has suggested that acts of self-compassion aid to improve our sense of overall well-being. This is perhaps something you would like to learn more about. Kind to Mind’s self – compassion worksheet can be found by clicking on this link**: [Self-compassion worksheet (filesusr.com)](https://45275db3-52a8-4e3f-af42-dba52a3072c6.filesusr.com/ugd/0d682e_2929e118ed224c0caddd59db359ae1f5.pdf)

**Reference**

Shaw, G. (2021), ‘Water and Stress Reduction: Sipping Stress Away’ [online]. Available at: [Water and Stress Reduction: Sipping Stress Away (webmd.com)](https://www.webmd.com/diet/features/water-stress-reduction#1) (accessed 7th July 2021)