

the 5 Senses Method: how to ground

Sight

- Replace blaring visuals with calming ones.
- Soften room lighting with curtains, warm light bulbs, or natural light.
- Create an inviting space with plants.
- Draw or paint something you see in detail.
- Rest your eyes in a dark room for 20 minutes (or use an eye mask).

Touch

- Notice texture, pressure, and temperature.
- Wear soft, comfortable clothes.
- Wrap a plushy blanket for warmth or comfort during times of stress.
- Sit comfortably, and support your back.
- Touch the various textures in your space and focus on what that feels like.
- Move an ice cube back & forth b/w your hands.

Hearing

- Use ear plugs while working/resting.
- Soundproof your door with a draft stopper.
- Use the Calm or Headspace app for calming sounds or mindfulness exercises.
- Create Playlists: 1 energizing, 1 relaxing. Listen to them for your desired mode/mood.
- Sit in silence for 20 minutes.
- Notice the sound of your slow, deep breathing.

Smell

- Remove sources of unpleasant odors.
- Use candles, diffusers, or plants to bring pleasant fragrances into your space.
- When overwhelmed, light a candle, close your eyes, and focus on its fragrance.
- When eating/drinking, notice various aromas.
- Dab your favorite perfume or essential oil onto your wrist. Take a whiff as needed.

Taste

- Take a mint whenever you feel overwhelmed.
- Keep some fruit readily available to eat when feeling anxious or bored.
- Chew some bread, fruit, or gum very slowly and notice the nuances of that sensory experience.
- Mix up what beverages you take in throughout the day, noticing the flavors.
- Celebrate the end of a full day with your favorite treat. Slowly savor the flavor.

