



# Holistic Mental Health Services

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## **Anxiety/Grounding Exercise 5-4-3-2-1**

Next time you notice that you are struggling with anxiety, this is an easy activity you can literally do anywhere. Check it out!

- Take in a couple of deep cleansing breaths.
- Notice your surroundings. Look at the details.
- Look for five (5) items you can see. Look at each item and notice the details of each of those five items.
- Now look for four (4) things you can touch. Touch each item and notice the texture and size of each item.
- Next, listen for three (3) things you can hear. Do you recognize the sounds? Are they close or far from you?
- Now inhale deeply. Identify two (2) different scents that are in the air. Are they pleasing or stinky?
- Finally, identify one (1) thing you can taste.

Try and practice this activity even when you aren't feeling overwhelmed or full of anxiety. Mindfulness is to the mind what exercise is to the body. You got this!

**You're in control of your mental health journey!**

Contact me at [info@wendyhawkins.net](mailto:info@wendyhawkins.net) for your 30-minute complimentary consultation.