

Grounding Exercise for Anxiety & Overwhelm

A simple tool to help you feel more present, calm, and in control

This simple grounding exercise can help you feel more present and calm during moments of anxiety or overwhelm.

When to Use This

Use this exercise when you are feeling:

- Anxious or overwhelmed
- Stuck in racing thoughts
- Disconnected or “out of your body”
- Panicked or unable to focus

Step 1: Pause & Breathe

- Take a slow breath in through your nose for 4 seconds.
- Hold for 2 seconds.
- Exhale slowly through your mouth for 6 seconds.
- Repeat this 3–5 times.

Step 2: 5-4-3-2-1 Grounding

Bring your attention to your surroundings:

5 things you can see	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
4 things you can feel	<hr/> <hr/> <hr/> <hr/>
3 things you can hear	<hr/> <hr/> <hr/>
2 things you can smell	<hr/> <hr/>
1 thing you can taste	<hr/>

Take your time. There's no rush.

Step 3: Orient to Safety

Gently remind yourself:

- “I am safe right now.”
- “This feeling will pass.”
- “I can handle this moment.”

Step 4: Return to the Present


Ask yourself:

What do I need right now?	<hr/> <hr/>
What is one small thing I can do next?	<hr/> <hr/>

Closing Note

This exercise helps calm your nervous system and bring you back to the present moment. With practice, it can become a reliable tool during moments of anxiety or overwhelm.

Get Started Today

	<p>Reach out today to schedule a consultation and take the first step toward feeling more balanced and supported.</p> <p><u>Book Now</u></p> <p><u>Visit Our Website</u></p>
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