

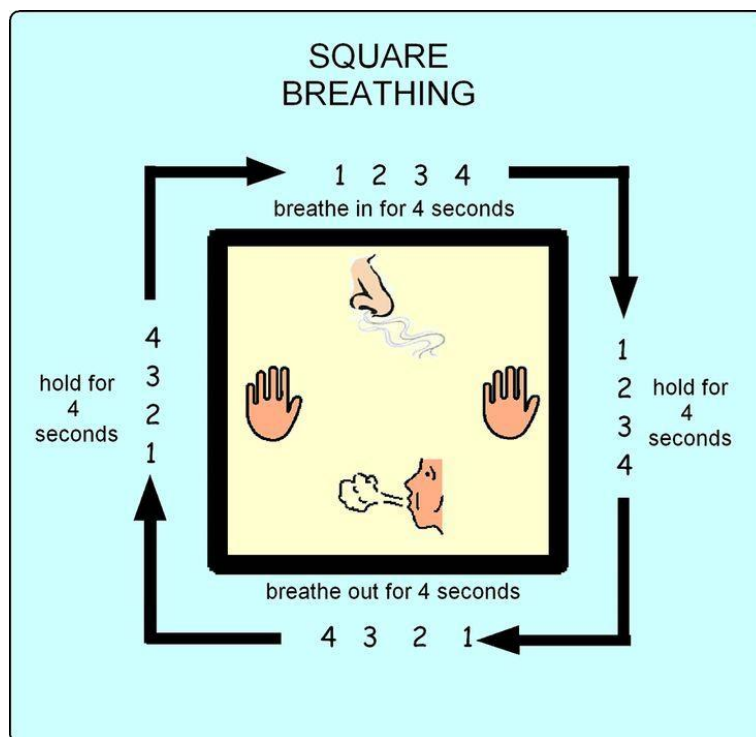


## Breathing and Grounding Resources

Take 5

- 1 Sit in a comfortable position with both feet on the floor and your hands resting in your lap
- 2 Close your eyes or find a spot on the floor or in your lap where you can rest your eyes when you get distracted
- 3 Turn one palm so that it is facing the ceiling. You'll use this hand for counting
- 4 Gently inhale through your nose until your lungs are full and then slowly exhale through your mouth
- 5 Tuck your finger into your palm and continue with breathing until all five fingers are folded in

[Mindfulness without Borders](#)



[Grounding Strategies - Mosaic Counselling Toronto \(counsellingmosaic.ca\)](#)



Canadian Mental  
Health Association  
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# Stay Grounded Using Your 5 Senses

Relax Your Body, Take a Few Deep Breaths and Focus on the Following...

5

Things You Can See



4

Things You Can Feel



3

Things You Can Hear



2

Things You Can Smell



1

Thing You Can Taste

