



Supporting Anxiety by Grounding with your Five Senses

Supporting approach	Making it successful	Resources
<p>Grounding with your five senses</p> <p>When feeling anxious in a situation a useful approach to develop to manage symptoms is to connect with the here and now using the senses: touch, sight, sound, taste & smell.</p> <p>This helps focus on sensations of the body which are difficult to ignore and can distract from feelings and thoughts that may be causing distress. This also ensures that feelings of anxiety do not escalate.</p> <p>By focusing on what is happening in the moment, things that are familiar help tune the body and mind into the environment.</p>	<p>This is a technique that can be used anywhere. It may take some time to become familiar with it. A coaching method may be required initially, asking the young person the questions out loud.</p> <p>This approach can be used in two ways:</p> <ol style="list-style-type: none"> In the moment working through all the senses. <ul style="list-style-type: none"> What can I see? - tables and chairs What can I hear? – cars on the road What am I touching? – holding a pencil What can I taste? - salt from crisps What can I smell? - canteen cooking lunch <p>Listing as many things under each sense.</p> <ol style="list-style-type: none"> Once a child/ young person becomes more familiar with the approach and adept at using it when calm, the approach can be put in practice in situations when the child is experiences more challenging feelings. <p>It may be that the child/young person could have a ready available box of resources of things they can look at, things they can listen to, things they can touch etc. that will be likely to assist them to regulate.</p>	<p>Video explanations can be used to explain the technique to children/young people and parents (select the one you think is most useful).</p> <p>The Partnership in Education (2021). 5-4-3-2-1 A grounding exercise method (4.28mins).</p> <p>Stand4kind (2020). 5-4-3-2-1 Grounding Technique. (1.51mins).</p> <p>therapy in a nutshell (2017). Grounding exercise: Anxiety skills. (3.14mins)</p>