GROUNDING YOURSELF WHEN YOU'RE FEELING ANXIOUS

Anxiety can cause racing thoughts and very uncomfortable physical sensations, which can quickly create even more anxiety. Grounding exercises help you get out of the anxious thoughts in your head, away from the unpleasant physical feelings, and more grounded into the present moment.

This technique helps you ground yourself by refocusing your attention on your 5 senses. If you start to feel overwhelmed and anxious, take a deep breath and start by noticing 5 things you see around you, 4 things you can feel, 3 things you can hear, 2 things you can smell, and 1 thing you can taste. Take your time and just notice your surroundings. Don’t forget to keep breathing!

This easy paper folding project will allow you to discretely carry this grounding exercise with you at all times if needed. When folded it's similar to the size of a business card and can easily fit in your wallet or pocket. Once folded you will be able to easily reference the list of common anxiety symptoms and can quickly open it to access the grounding exercise when needed. You may also find that focusing your attention to refolding the paper may have a calming effect.
1. Turn paper print side down and back/blank side up. To make folds more precise start by folding the paper in half, lengthwise (like making a paper airplane) then unfold.

2. Fold each corner of paper along diagonal dotted line meeting centerline created by previous fold.

3. Fold each side in half lengthwise meeting at the center.

4. Fold top and bottom tip toward center.

5. Fold top third and bottom third toward back. Tuck one section into the other allowing for arrow section to be visible.
TAKE A **DEEP BREATH** AND NOTICE...

- **5 - THINGS YOU CAN SEE**
  - Racing heart
  - Weakness or dizziness
  - Tingling and numbness
  - Trembling or shaking
  - Intense fear
  - Chills or hot flashes
  - Chest pains
  - Hyperventilation
  - Feeling a loss of control
  - Nausea or upset stomach
  - Feeling detached

- **4 - THINGS YOU CAN FEEL**

- **3 - THINGS YOU CAN HEAR**

- **2 - THINGS YOU CAN SMELL**

- **1 - THING YOU CAN TASTE**

**CHECK YOURSELF BEFORE YOU WRECK YOURSELF**

**REPEAT AS NEEDED.**

© 2019 CRAFTING WELLNESS COUNSELING, LLC