

# 5-4-3-2-1

## GROUNDING TECHNIQUE

A calming technique that connects you with the present by exploring the five senses.

Instructions: Sitting or standing, take a deep breath in, and complete the following questions.

5

5 things you can see



4

4 things you can touch



3

3 things you can hear



2

2 things you can smell



1

1 thing you can taste



# Rainbow

## Grounding Technique



Take a deep breath and go through each color of the rainbow, searching your environment to find as many objects for each color as you can.

## How to Practice Body Scan Meditation?

Like other forms of meditation, practicing this meditation is also simple. Here are the basics steps to practice this meditation for seeking most of the benefits:



Source: Healthline.com

### 1. Get yourself into a comfortable position

To begin with, you really need to get yourself into a comfortable position. Lying down is suggested. Mostly, this meditation is performed to fall asleep, therefore, lay down. If you don't want to sleep, you can also sit in a comfortable position.

## **2. Start by taking a few deep breathes**

After getting into a comfortable position, slow down your breathing. Try to breathe from your belly instead of your chest. Let your abdomen expand and contract during each breath.

Additionally, if you feel like your shoulders are also rising and falling whenever you take a breath, try to focus more on breathing from your belly. The fact is that the balloon is undergoing inflation and deflation in your abdomen whenever you breathe. It will eventually come with more and more practice. Therefore, keep practicing it.

## **3. Bring awareness to your feet**

After accomplishing the belly breathing, bring your focus to your feet. Try to observe sensations going around in your feet. If you are able to notice pain, observe it, acknowledge it, also observe any emotions and thought which accompanies it, and gently slowly breathe through it.

## **4. Breathe into the tension/stress**

If your focus goes on any kind of uncomfortable sensations or feelings, keep your focus on them. Breathe into those uncomfortable sensations and observe what happens next. Now, deeply visualize the stress or tension leaving your body through your breath and dissolving into the air. Repeat the process until you feel you are ready to move.

## **5. Scan your entire body and let your stress move out**

Repeat this practice with each part of your body; gradually move up through your feet until you reach the head (the top).

Now, focus on how you feel and if you are still holding any stress or tension in your mind. If you feel any pain, pressure, or tightness, you can continue breathing into the pain, pressure, and tightness you are feeling. Just remind yourself to be more aware of the part of your stresses so that you can easily release them in the future.