

# GROUNDING EXERCISE

SLOW DOWN & USE YOUR FIVE SENSES

WHEN ANXIETY RISES, TAKE A FEW MINUTES TO  
BRING YOURSELF TO THE PRESENT MOMENT.



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



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*because your  belongs to a hero*

This flyer is provided on behalf of First Responder Wellness as a support resource and is not intended to replace recommendations from a physician or licensed mental health professional. Dial 911 for life threatening events. Learn more about fire family resources at [firefighterwife.com](https://firefighterwife.com) or email [firefamilysupport@frhealth.com](mailto:firefamilysupport@frhealth.com).