



Five Senses Grounding

Two short practices to come back to the room.

A small, free gift from Healing Spaces with Kari: two short grounding practices you can use anywhere, inspired by DBT mindfulness techniques. No preparation, no equipment, just you and the next few minutes.

- **The settling breath** uses a slightly longer out-breath as a gentle cue to your body that it can stand down.
- **The five senses sweep** walks your attention through what you can see, hear, feel, smell, and taste, one sense at a time, to bring you back to the room.
- **Practise when calm first.** Skills you rehearse in easy moments are far easier to reach for in hard ones.

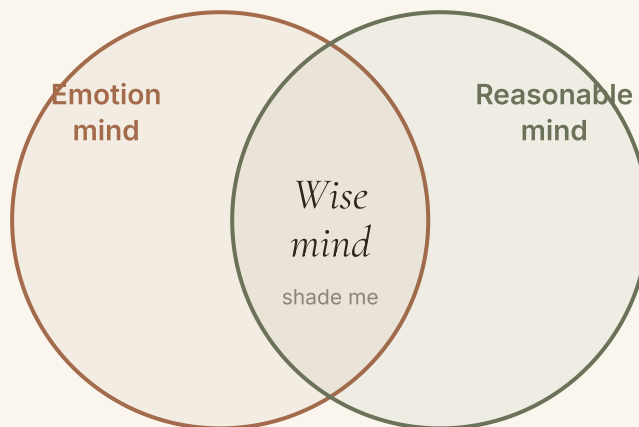
🌱 A GENTLE NOTE, PLEASE READ

This is an educational self-help resource. It is not therapy, counselling, or medical advice, and it is not a substitute for support from a qualified professional. If you are in crisis or need someone to talk to right now, contact Samaritans on **116 123** (free, round the clock) or call NHS **111**. In an emergency, call **999**.

Settling breath

IN THE MOMENT

Where the two circles overlap is your wise mind. Shade that middle area as you breathe, so the idea lives in your body, not just your head.



AS YOU SHADE

Breathe in slowly, asking yourself "what's the wise thing here?" Breathe out and listen for the quiet answer. Repeat a few rounds, there's no rush.

THE ANSWER THAT CAME UP

☐ Rushed ☐ Calmer ☐ Not sure yet (try later)

🍀 *The wise thing I keep coming back to, in a sentence*

Five senses sweep

ANYTIME

Move through your five senses, one at a time, and note just the facts of what you notice. About **thirty seconds** each. No need to judge it or explain it, only name it.



See



Hear



Feel



Smell



Taste

JUST THE FACTS

"Pale light on the wall," "the kettle clicking off," "wool cuff on my wrist," "coffee," "toothpaste still on my tongue." Plain and small is exactly right.

WHAT I NOTICED ONCE I SLOWED DOWN TO LOOK

If this helped, there's more

These two pages come from **Coming Back to Now**, a full grounding and mindfulness module from Healing Spaces with Kari: a gentle set of printable practices and worksheets to explore, reflect, and build coping skills, inspired by DBT techniques.

You'll find it, alongside **Understanding Your Emotions** and the rest of the collection, in the shop:

healing-spaces-kari.co.uk/shop

Digital downloads, print at home, keep forever.

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