

Activities for Hosla Bot- Anxiety

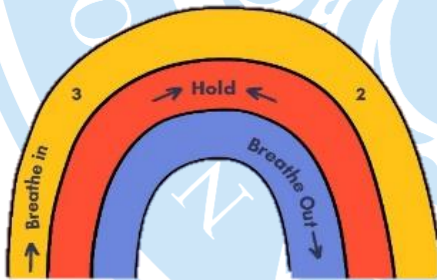
Activity 2: Grounding Worksheet

When you feel excessively worried or anxious, use this worksheet to help ground yourself and bring your focus back to the present moment. This exercise uses the "5-4-3-2-1" grounding technique, which engages your senses and helps bring you back to the present moment. It's like hitting the "pause" button on stress and focusing on the here and now.

Step 1: Deep Breathing

Before you dive in, take a moment to calm your mind. Close your eyes, sit back, and take a deep breath.

- **Inhale** slowly for 4 counts (1... 2... 3... 4...)
- **Hold** for 4 counts (1... 2... 3... 4...)
- **Exhale** slowly for 4 counts (1... 2... 3... 4...)



Step 2: Notice 5 Things You Can See

Look around and find **5 things** that you can see. Challenge yourself to notice the tiny details you might normally overlook.

1. _____
(e.g., "A bird with a vibrant design and colours")
2. _____
3. _____
4. _____
5. _____



Step 3: Notice 4 Things You Can Touch

What are **4 things** you can touch around you? Think about how they feel.

1. _____
(e.g., "The smooth surface of my notebook")

Step 4: Notice 3 Things You Can Hear

Now, listen closely. Find **3 sounds** that you can hear around you.

1. _____
(e.g., "The sound of birds chirping outside")

2. _____
3. _____
4. _____



2. _____
3. _____



Step 5: Notice 2 Things You Can Smell

Find **2 smells** that you can either detect around you or recall in your mind. If you can't smell anything, try to think of a scent that comforts you.

1. _____
(e.g., "The smell of your favorite old books")
2. _____



Step 6: Notice 1 Thing You Can Taste

Name **1** thing you can taste right now. If you don't taste anything at the moment, think of your favorite flavor.

1. _____
(e.g., "The sweet taste of hot chocolate")

