

“Five things” Anchoring Technique

This is a useful technique when your anxiety is very high to “anchor” you back to the present time.

- Start with three slow deep breaths
- Choose a small spot in a room, now describe five things you notice in that spot. Colours, textures, shapes etc.
- Sit and notice 5 things you can feel. This can be from holding an object, or from your position sitting paying attention to your bodily sensations e.g. feel of your clothes, temperature of skin, texture of seat.
- Sit and listen for 5 different sounds. Don't actively search for the sounds, just notice them.
- Finish with three slow deep breaths