A grounding pause

Choose somewhere safe to pause. Don’t use this while driving or doing anything that needs your attention. Take your time; there’s nothing to write down.

Skip any sense that isn’t accessible or comfortable. Repeat another sense, imagine a familiar detail, or stop at any time. You don’t need to finish or feel a particular way.

5 **Notice five things you can see**
Look for colours, shapes, or objects around you.

4 **Notice four things you can feel**
Choose neutral points of contact, like fabric or the chair beneath you. No need to touch anything new.

3 **Notice three things you can hear**
Notice sounds nearby or farther away, if comfortable.

2 **Notice two things you can smell**
Notice scents already around you. No need to seek them out or breathe differently.

1 **Notice one thing you can taste**
Notice a taste already in your mouth, or imagine a familiar flavour. No need to eat or drink.

When you’re ready, return your attention to what’s around you. Stop if the exercise feels uncomfortable.

Self-help, not therapy or emergency care. If you’re in immediate danger, contact local emergency services. Nook cannot monitor you or send help.

Guided exercise: https://nook.brainer.one/grounding
Scope & human support: https://nook.brainer.one/scope#urgent-support
Contact: nook@brainer.one (not urgent support)

Scan for guided grounding