

Two-Step Grounding Exercise to Improve Pain

Each time you experience severe pain or find yourself overthinking or worrying too much, complete this two-minute exercise:

Step 1: 5-4-3-2-1 Grounding Technique



Look around and name 5 things you can see.
Say them out loud if possible.



Reach out and touch 4 objects and name them out loud.



Listen for 3 things you can hear and name them out loud.



List 2 things you can smell.



Name 1 thing you can taste.



Step 2: Breathing Exercise

Place a palm over your heart and the other over the lower belly. Take a deep breath, breathing in with the nose and out with the mouth. Feel the belly fill with air as you breathe in, and move towards your spine as you breathe out. Relax your shoulders, trying not to raise them while you are breathing.

This two-step exercise lowers alarm in the brain and through neuroplasticity can improve pain.

What is Neuroplasticity?
Scan with your phone to learn more here:



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