

GROUNDING THE BODY

AWAKE

Before practicing the exercise below, we invite you to breathe deeply as guided in this short [meditation](#).

5-4-3-2-1 Coping Technique for Anxiety

5: Acknowledge **FIVE** things you see around you. It could be a pen, a spot on the ceiling, anything in your surroundings.

4: Acknowledge **FOUR** things you can touch around you. It could be your hair, a pillow, or the ground under your feet.

3: Acknowledge **THREE** things you hear. This could be any external sound. If you can hear your belly rumbling that counts! Focus on things you can hear outside of your body.

2: Acknowledge **TWO** things you can smell. Maybe you are in your office and smell a pencil, or maybe you are in your bedroom and smell a pillow. If you need to take a brief walk to find a scent, you could smell soap in your bathroom, or nature outside.

1: Acknowledge **ONE** thing you can taste. What does the inside of your mouth taste like—gum, coffee, or the sandwich from lunch?”

The 5-4-3-2-1 exercise was developed by the SOAR Inc Fear of Flying program. Learn more about it [here](#).

AWARE

Daily breathing exercises, as you’ve noticed, connect us to our bodies with greater calm. It is easy during these times to get caught up in our frenzied minds. So, it is vital to engage in simple practices that “ground” our minds into our bodies. Remember, we do not **HAVE** bodies as much as we **ARE** bodies. We are created in the image of God who was perfectly incarnated as a flesh and blood human being. Our bodies, when calm and centered, give strength and power to our thinking and feeling capacities, boosting our awareness and giving us a better sense of our infinite worth and purpose.



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ALIVE

We suggest that you use the 5-4-3-2-1 exercise daily, even several times a day, to connect with the full range of your sensory experience—sight, touch, hearing, smell and taste. The more intentional you are about tapping into your five senses, the more enlivened you will become. This aliveness is conducive to a healthier, functioning body and immune system. Additional exercises for grounding yourself during COVID-19 may be found [here](#).

As you practice these exercises, and thoughts, memories and sensations surface, observe them with a quiet mind. If you like, write what is speaking to you in your journal or on this devotion by downloading the PDF and printing or writing in the fillable text field provided.

ABIDE

In Mark's gospel (8:22-25), Jesus heals the blind man at Bethsaida. What is miraculous is that the man's sensory ability is restored, little by little, as he "sees" people as clearly and naturally as possible:

They came to Bethsaida. Some people brought a blind man to him and begged him to touch him. He took the blind man by the hand and led him out of the village; and when he had put saliva on his eyes and laid his hands on him, he asked him, "Can you see anything?" And the man looked up and said, "I can see people, but they look like trees, walking." Then Jesus laid his hands on his eyes again; and he looked intently, and his sight was restored, and he saw everything clearly.

In what ways can you be miraculously grounded by opening your five senses to your Creator?

ARISE

Today we gave ourselves two simple sensory exercises that served to ground our fleeting thoughts and emotions into our bodies.

- Practice the 5-4-3-2-1 exercise daily.
- Check in with your partner or virtual group.
- Continue to make contributions to your journal.

Write your reflections here

