

5-4-3-2-1 Grounding Exercise for Christians

5 things God created that bring you joy.

4 things God provides that bring you peace.

3 promises of God that give you hope.

2 people that God uses to uplift and encourage you.

1 name or description of God that calms your soul.

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Explaining the Exercise

This simple grounding exercise can be used to help regulate emotions, calm anxiety, and manage stress.

Taking the time to focus attention on each step causes the mind to redirect mental focus away from the stressors and instead, on to God.

This is an adaptation from the standard 5-4-3-2-1 grounding exercise that uses the five senses. Instead of focusing on the five senses, this exercise focuses on bringing your attention to the help that God brings to your life. It can be beneficial to use both the standard grounding exercise and this exercise alternately.

To use this exercise, start by taking a couple slow deep breath and then say a brief prayer asking God to help focus your mind on him as you do this exercise. Then simply go through each step allowing yourself plenty of time to respond. Once you have gone through all five steps you can take another deep breath and then pray again, thanking God for all that he provides.

When you have completed this exercise notice any shifts that have happened in your mind or body.

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