

I can see, I can feel, I can hear.

Sit and lie in a comfortable position. Keep your eyes open but try and reduce stimulus (turn off the TV/radio, turn lights down and go to a quiet place) and try to keep your head still. Some people find it helpful to keep their heads lowered or facing the floor.

Begin to notice what you can see, feel and hear.

In your head follow the script, filling in the blanks with one answer each time:

“I can feel..... I can hear..... I can see.....”.

Ask yourself slowly each question and continue to ask the same questions in a cycle giving different answers each time. You can do this numerous times. If you get the order of the words wrong, just continue as this doesn't matter. If your mind drifts off to other thoughts, just acknowledge this and return to the questions and continue with the script.

For example:

“I can see...? I can see the light streaming through the curtains.

I can feel...? I can feel the chair against my thigh.

I can hear...? I can hear children playing outside in the background.

I can see...? I can see the shoelace in my shoe on the floor

I can feel...? I can feel my jumper touching my shoulder.

I can hear...? I can hear the buzzing of the fridge.

Techniques like this may help to distract you from your worrying thoughts and help regulate your breathing. Accessing your senses in this way can help ‘ground’ you.

This technique helps you learn in a physical way that you can control what aspects of the world – internal or external – you notice. This gives you an internal focus of control and shows you that you can learn to ignore physical sensations which may be causing you distress.

Practice this technique frequently, when you are feeling calm. It takes practice to gain confidence in it and build associations for it to work well.