

Hi, how are you feeling today?

The user responds – High anxiety level

Would you like to try a grounding technique to connect with the present moment or a short meditation to calm your mind?

1. Meditation

→ Direct to meditation module.

2. Grounding

2. Grounding

Let us try the 5-4-3-2-1 Senses exercise. This will help you gently bring focus back to the present moment.

If you are comfortable speak out the object names to make the exercise more effective.

1. Look around and name 5 things that you can see. It can be anything near you, big or small.

Take your time with this part and let me know when you're ready to move to the next step.

Done.

2. Reach out and touch 4 things around you. Focus on how each one feels – maybe it's smooth, rough, warm or cool.

Take a few moments to explore each texture and let me know when you're ready to continue.

Done.

3. Close your eyes if you'd like, and listen for 3 sounds around you, even faint ones. It could be the sound of the fan, distant traffic, people around you, or your own breathing.

Take time with each sound and let me know when you are done.

Done

4. Focus on 2 different things you can smell around you. Take a deep breath in and see if you can pick up on any smells – maybe something in your room or even a scent on your clothes.

Let me know when you're ready for the final step.

Done

5. Lastly, name 1 thing you can taste. Notice the taste in your mouth. It could be something you've recently eaten or just the natural taste of your mouth. Sip water or some other drink and pay attention to that taste. Try eating something like a candy or a snack you have to stimulate your taste buds.

Done

How are you feeling now?

Show sliders to rate mood and physical symptoms.

Pygmalion effect

If symptoms/negative mood < a certain limit (can be decided by Shoukath) then

I'm glad to know that you are feeling better.

Else

Try another Grounding exercise.

→Provide more options for grounding exercises and direct to the one the user selects.

BOX-BREATHING EXERCISE

DESIGN: Put up an animation of a box expanding and contracting while the timer runs.

Reference youtube video : <https://www.youtube.com/watch?v=E9Pz3vpzp6c>

Let's try deep breathing. Box breathing is a quick and effective way to calm your mind.

Here's a step-by-step guide for deep breathing.

(Steps appear at the time interval mentioned)

- 1) Get comfortable

- Sit or lie down in a relaxed position and let me know when you are ready.

I'm ready

I'm ready

Now, relax and follow the steps.

2) Breathe in

- Take a deep breath in through your nose for a slow count of 4.

(Show a countdown for 4 seconds)

- Feel your belly expand as you breathe in.

(show the above statement along with the countdown)

3) Hold

- Gently hold your breath on a count of 4.

(Show a countdown for 4 seconds)

- Let the air sit in your lungs without strain.

(show the above statement along with the countdown)

4) Exhale slowly

- Breathe out through your mouth for a count of 6. Imagine letting go of any tension or stress as you exhale.

(Show a countdown for 6 seconds)

- Feel your body soften as you let the air go.

(show the above statement along with the countdown)

Thank you for giving it a try. It takes strength to pause and breathe through tough moments.

5) Repeat (Mandatory repeat, because one round will not be enough)

Now let's do another round until you feel better, let me guide you.

- Inhale....1....2....3...4...
- Hold.... 1....2....3....4...
- Exhale....1....2....3....4....5....6.....

Repeat it as many times as you like.

Let me know once you are done.

1. Repeat

→ Repeat the above steps.

2. Done

Pygmalion effect

Done

Take your time. How does your body feel now?

Do you notice any differences?

1. No

2. Yes

1. No

Try another Grounding exercise.

→ Provide more options for grounding exercises and direct to the one the user selects.

2. Yes

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Pygmalion effect

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Else

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FEET GROUNDING EXERCISE

1) Get comfortable and notice

A. Sit or stand in a comfortable position.

B. Are your feet flat on the ground? Try to notice how they are positioned.

Let me know when you are ready for the next step.

I'm ready

2) Bring attention to your feet.

A. Take a moment to notice how your feet feel.

B. Are they warm or cold?

Warm

Cold

Neither warm nor cold / neutral

No specific response for any of these options. Go to the next question↓

Are you wearing some footwear?

Yes

No

1. Yes

C. Do they feel tight or are they loose? Notice how your footwear feels on your feet.

Take your time to focus on these sensations and let me know when you're done.

[2. No](#)

- A. If you are barefoot, feel the texture of the ground beneath you.
- B. Take your time to focus on these sensations and let me know when you're done.

[Done](#)

3) Move your toes.

- A. Slowly wiggle your toes and pay attention to the movements.
- B. Feel the changes in pressure against the ground or inside your footwear.
- C. Notice how your toes stretch, press, or curl.

Take a moment to explore this sensation fully. Let me know when you're ready for the next step.

[Done](#)

4) Press your feet down.

- A. Press your feet on the ground gently but firmly.
- B. Feel the pressure building beneath them. Take notice of how the ground supports you.
- C. Also, pay attention to how the rest of your body feels as your feet stay grounded.

Now take a deep breath in and out while your body holds a connection with the ground.

[Done](#)

5) Visualizing roots.

- A. Imagine strong roots growing from the soles of your feet deep into the ground.

- B. Picture these roots anchoring you to the earth. Feel the steadiness and safety as the roots grow deeper into the ground.
- C. Now close your eyes and take a few slow, deep breaths while you visualize roots. Let go of any tension or worry you have.
- D. You can keep your eyes closed for as long as you like.

When you are ready, bring your attention back to the room.

Now tell me what do you feel?

(Shoukath can suggest what questions/sliders can be put after this.)

6) Gently Conclude the Practice

- A. Now, slowly bring your awareness back from your feet, up through your legs, your torso, your arms, and to the top of your head. Feel your entire body in its comfortable position.
- B. Take one more deep breath in, feeling the calm and stability. As you breathe out, release the focused attention, but carry the sense of groundedness with you.
- C. You have now completed this grounding exercise. Remember, you can return to this practice anytime you feel stressed, overwhelmed, or disconnected.

