

5-4-3-2-1 Grounding Method

This grounding technique is great to use in times of high stress or anxiety. By using your 5 senses, you're able to reconnect with the present moment. Start by taking a few deep breaths. Then go through the following:

Name **five** things you can **see**:

Such as a car passing by, a bird flying overhead, the clouds in the sky, a spot on the ceiling etc.

Name **four** things you can **touch/feel**:

Such as your feet on the ground, the feel of your chair, your hand on your skin.

Name **three** things you can **hear**:

Focus on three external sounds such as a plane flying by, the hum of an air conditioner, or the ticking of a clock.

Name **two** things you can **smell**:

You may need to seek this one out but perhaps it's the scent of some soap, a candle, or the smell of the laundry detergent on your clothing.

Name **one** thing you can **taste**:

What does the inside of your mouth taste like? Left over lunch? Gum? You could also choose to suck on a mint or sip some tea.