

5-4-3-2-1 Grounding

A five-senses exercise to come back to the present when you feel anxious or overwhelmed.

Breathe in slowly through your nose, and out a little longer through your mouth. Then, at your own pace, notice:

5

things you can SEE

Look for small details: a color, a shadow, a pattern.

4

things you can FEEL

Your feet on the floor, fabric on your skin, the chair behind you.

3

things you can HEAR

Near and far: a fan, traffic, your own breath.

2

things you can SMELL

Soap, coffee, fresh air. Or name two smells you like.

1

thing you can TASTE

A sip of water, gum, or just notice the taste in your mouth.

After

How intense did I feel before? 0 1 2 3 4 5 6 7 8 9 10 After? 0 1 2 3 4 5 6 7 8 9 10

Tip: practice when you're calm so it comes easier when you need it.