

5-4-3-2-1 Grounding Technique

When your body or mind feels overwhelmed, you can use your senses to notice where you are right now.

Instructions: Sit, stand, or lie down, however works for you. Breathe in whatever way feels okay. Name what you find, silently or out loud. As many as you can find is enough.

05



5 things you can see (a tree, a spot on the ceiling, a picture on the wall)

04



4 things you can feel or touch (your hands, the chair under you, your feet on the floor)

03



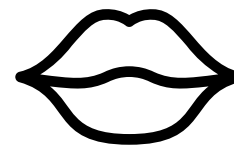
3 things you can hear (a clock ticking, a car, a dog barking)

02



2 things you can smell (soap, your clothes), or imagine a smell you like

01



1 thing you can taste (a sip of water, or whatever is in your mouth right now)