

## 5, 4, 3, 2, 1 GROUNDING TECHNIQUE

### HOW TO DO IT:

This technique will take you through your five senses to help remind you of the present. This is a calming technique that can help you get through tough or stressful situations.

Take a deep belly breath to begin.

**5 - LOOK:** Look around for 5 things that you can see, and say them out loud. For example, you could say I see a chair, computer, dog, window, and pen.

**4 - FEEL:** Pay attention to your body and think of 4 things that you can feel, and say them out loud. For example, you could say, I feel my shirt, I feel table, or I feel the chair I am sitting on.

**3 - LISTEN:** Listen for 3 sounds. It could be the sound of birds outside, the sound of a dog barking or the sound of the clock ticking. Say the three things out loud.

**2 - SMELL:** Name two things you can smell. If you can't smell anything at the moment, then name your 2 favorite smells.

**1 - TASTE:** Say one thing you can taste. It may be the gum taste in your mouth, the toothpaste from brushing your teeth, or something you just ate.

Take another deep belly breath to end.

### Visual Aide

#### 5 4 3 2 1 Grounding Exercise

