



GROUNDING 5-4-3-2-1

This technique helps calm the mind and reconnect with the present moment — especially when feeling anxious, overwhelmed, or dissociated. It works by gently directing your attention to your senses.

Inhale deeply through your nose, hold for a moment, and exhale slowly through your mouth.

5

FIVE THINGS YOU CAN SEE

What five things can you see around you? Name them out loud or in your head. Look up, look down. Look straight ahead. What's right in front of you?

4

FOUR THINGS YOU CAN TOUCH

Take a look around. What four things are near you that you can physically touch? Take a moment to appreciate how they feel. Soft? Hard? Smooth? Rough?

3

THREE THINGS YOU CAN HEAR

Concentrate on your surroundings. What three things can you hear right now. It may help you close your eyes, if it feels safe to do so, and really listen out. Are the sounds indoors? Are they outside?

2

TWO THING YOU CAN SMELL

This one gets a little harder. Pay attention to what's around you. What two things can you smell? Is that coffee? A candle maybe?

1

ONE THING YOU CAN TASTE

Right now, what is the one thing you can taste? Toothpaste? Something from lunch?

After doing this, notice how your body feels. are you more connected? do you feel a calmer, more centred? Need more grounding? try this exercise again.

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