



The 5,4,3,2,1 Grounding Technique

The next time your mind is stuck on anxiety and worry, try this:

Look around you and notice:

- **5** things you can SEE (Example: hands, sky, plant)
- **4** things you can FEEL (Example: chair, ground)
- **3** things you can HEAR (Example: teacher, bird)
- **2** things you can SMELL (Example: coffee, lotion)
- **1** thing you can TASTE (Example: mint, gum)