

Grounding Technique

- 5, 4, 3, 2, 1

Breathing fast? Feeling anxious? Can't concentrate?

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

Take a deep belly breath to begin. Slowly inhale then exhale.

5.

LOOK: Look around for 5 things that you can see, and say them out loud. For example, you could say, I see the computer, I see the cup, I see the pen.

Take a deep belly breath to begin. Slowly inhale then exhale.

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 feet on the rug, I feel my back against the chair I am sitting on, or I feel the sun on my face.

Take a deep belly breath to begin. Slowly inhale then exhale.

3.

LISTEN: Listen for 3 sounds. It could be the sound of traffic outside, the sound of typing or the sound of your tummy rumbling. Say the three things out loud; "I hear...."

Take a deep belly breath to begin. Slowly inhale then exhale.

2.

SMELL: Say two things you can smell. It could be the smell of your tea, or your lotion. If you can't smell anything at the moment then name your 2 favorite smells. Say the two things out loud; "I smell...."

Take a deep belly breath to begin. Slowly inhale then exhale.

1.

TASTE: Say one thing you can taste. It may be from the meal you just had, a sip from something, or the toothpaste from brushing your teeth. If you can't taste anything, then say your favorite thing to taste.

Take a deep belly breath to begin. Slowly inhale then exhale.
Take another deep belly breath to end.

