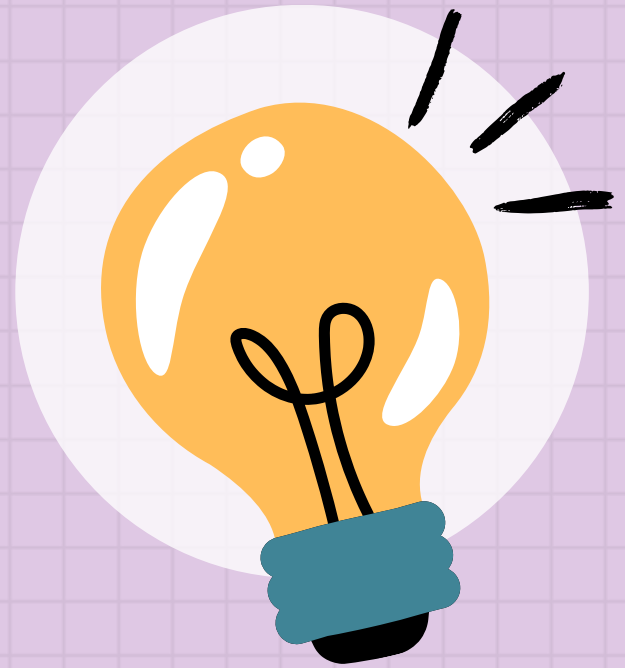


5-4-3-2-1

Grounding Technique



GET READY!

Get comfortable! Sit or stand somewhere comfortable. Take a full breath! Inhale deeply through your nose, hold for a moment, then exhale slowly through your mouth. Repeat this a couple of times to help you become more aware.

SEE

Look around and find five things. It can be anything in your environment –like a book, a picture, a window, or a plant. Take a moment to really notice each item.

5

4

HEAR

Now, focus on your surroundings and listen for three different sounds. Are the sounds far away or close by? It might be the rustling of leaves, a ticking clock, distant music, or your own breathing.

3

2

TASTE

Lastly, think of one thing you can taste. It could be the taste of gum, the lingering flavor of a meal, or even the air in your mouth. If you can, take a sip of water or pop something in your mouth to focus on that taste.

1

TOUCH

Pay attention to four things you can feel. This could be the texture of your clothes, the chair you're sitting on, the ground beneath your feet, or even the coolness of the air. Focus on how they feel against your skin.

SMELL

Take a moment to notice two scents around you. If you can't smell anything right away, think of your favorite smells or things that make you feel good, like freshly baked cookies or the ocean.

REFLECT

After you've gone through all five senses, take another full breath. Notice how you feel now compared to before.

