

5-4-3-2-1

Grounding Technique

If you're feeling anxious, stressed or overwhelmed, try using this sensory grounding technique to help ease the worry and bring your brain back to the present moment.

Identify:

5

things you can

SEE



4

things you can

TOUCH



3

things you can

HEAR



2

things you can

SMELL



1

thing you can

TASTE

