






## The 5-4-3-2-1 Grounding Technique

This five-step exercise is especially helpful during moments of stress or anxiety. It works by grounding you in the present and bringing your focus back when your mind is bouncing around worry or stress.

**Before you begin**, take a moment to focus on your breathing. Try slowing it down with a few deep, long breaths. This alone can help you feel calmer and prepare you for the exercise. Once you feel centered in your breath, move through the following steps:

	<p><b>5 – Acknowledge FIVE things you can see around you.</b> It could be anything—a pencil, a shadow on the wall, a spot on the ceiling. Anything in your surroundings, just look around and notice.</p>
	<p><b>4 – Acknowledge FOUR things you can touch around you.</b> This might be your hair, the fabric of your clothes, a pillow, or the ground under your feet.</p>
	<p><b>3 – Acknowledge THREE things you can hear.</b> It could be any external sounds—birds outside, a fan humming, distant voices. Focus on things you can hear outside of your body.</p>
	<p><b>2 – Acknowledge TWO things you can smell.</b> Maybe it's coffee, your soap, or fresh air. If you can't smell anything where you are, take a short walk to find a scent—your bathroom, kitchen, or nature outside.</p>
	<p><b>1 – Acknowledge ONE thing you can taste.</b> What does the inside of your mouth taste like—gum, toothpaste, coffee, or a leftover taste of a sandwich from lunch?</p>

This simple technique can help anchor you to the present moment and reduce feelings of anxiety. The more you practice it, the more natural it becomes.