THE EXERCISE

You have completed

Take a deep breath.

Step 1

List 5 things you can see:

1. __________________________
2. __________________________
3. __________________________
4. __________________________
5. __________________________

Step 2

List 4 things you can feel:

1. __________________________
2. __________________________
3. __________________________
4. __________________________

Step 3

List 3 things you can hear:

1. __________________________
2. __________________________
3. __________________________

Step 4

What follows in this booklet is a grounding exercise.

Grounding is a technique that helps us reorient to the present moment.

This technique can be useful if you ever feel overwhelmed, intensely anxious or disassociated from your environment.

The "54321 Game" is a common sensory awareness grounding exercise that many people find helpful to relax or get through difficult moments.

Examples: A window, a tree, a book, your shoes, a friend, a table, a chair, the floor.