

# GROUNDING EXERCISE

## 5 - 4 - 3 - 2 - 1

This simple grounding exercise is useful when you feel activated, anxious, panicky, or detached.

### ENGAGE YOUR SENSES

*Look around you, what do you see, feel, hear, smell?*

5

Name 5 things you can see

4

Find 4 things you can feel (notice the textures of the materials around you, temperature of the room, touch the objects in your reach, etc)

3

Identify 3 things you can hear (traffic noise or birds outside, fan or heater running)

2

Notice 2 things you can smell

1

Focus on 1 thing you can taste (have a candy or mint or just notice what you taste)