

## Grounding Exercise – 54321



Grounding is a very simple and powerful tool to that can help you to:

- Break the cycle of anxious thoughts
- Return to present
- Reset your mind

This particular exercise can be used without anyone even noticing in many different situations and environments, whether you are out & about, in the company of others or on your own. It is based on using of all five of our senses.

It can also be a great tool to use if you experience panic/anxiety attacks.

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

Stop and take 3 slow deep breaths.

- Focus on 5 things you can see and name them in your mind
- Focus on 4 things you can touch and name them in your mind
- Focus on 3 things you can hear and name them in your mind
- Focus on 2 things you can smell and name them in your mind
- Focus on 1 thing you can taste or remember tasting and name it in your mind

Take another 3 slow deep breaths.

**5 4 3 2 1**

**SLOW DOWN & CALM DOWN**  
FIRST- TAKE 3 SLOW BELLY BREATHS!

**5** List 5 things you can SEE 

**4** List 4 things you can FEEL 

**3** List 3 things you can HEAR 

**2** List 2 things you can SMELL 

**1** List something you like to TASTE 

FINISHED? - TAKE ANOTHER 3 SLOW BELLY BREATHS

This technique can be personalised to what works best for you. Some people like to focus on finding things they can see and name that are different colours.