

5-4-3-2-1 GROUNDING TECHNIQUE

Wherever you are when you feel you are becoming distressed, try to take a moment to focus on each of your senses and try to come up with the following number of things you notice.



5

Things you can see (e.g. birds, trees, a spot on the ceiling, pictures hung on the wall)

4

Things you can feel or touch (e.g. your hair, your hands, the chair you are sitting on)

3

Things you can hear (e.g. a clock ticking, a car, a dog barking)

2

Things you can smell (e.g. soap, your clothes, air freshener)

1

Thing you can taste (e.g. chewing gum, coffee)

