

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)