

# 5-4-3-2-1

## Grounding technique

A calming technique that connects you with the present by exploring the five senses.

The 5-4-3-2-1 method is a grounding technique commonly used in mindfulness and therapy to help individuals manage anxiety, stress, or overwhelming emotions. It works by anchoring the person in the present moment through their senses.

5

5 things you can see



4

4 things you can touch



3

3 things you can hear



2

2 things you can smell



1

1 thing you can taste





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### **5 - Acknowledge Five Things You Can See**

Look around you and notice five specific things. These can be big or small, such as a chair, a shadow, a tree, or even the pattern on your shirt. Focus on their details.

### **4 - Acknowledge Four Things You Can Feel**

Pay attention to your sense of touch and identify four things you can feel. This could include the texture of your clothing, the chair you're sitting on, the temperature of the air, or the sensation of your feet on the ground.

### **3 - Acknowledge Three Things You Can Hear**

Listen to your surroundings and note three sounds. These might be loud or subtle, such as birds chirping, the hum of a fan, or your own breathing.

### **2 - Acknowledge Two Things You Can Smell**

Notice two things you can smell. If you can't identify any immediate smells, try to seek out scents, such as by smelling your coffee, hand lotion, or the air around you.

### **1 - Acknowledge One Thing You Can Taste**

Focus on one thing you can taste. It could be the lingering taste of a meal, gum, or simply the absence of taste in your mouth. You might also take a sip of water or eat something small to engage this sense.

### **Why It Works**

The 5-4-3-2-1 method helps divert your focus from anxious thoughts or emotional overwhelm to the present moment. By engaging your senses, it calms the mind, regulates your nervous system, and promotes mindfulness. It's a quick and portable tool you can use anywhere.