

5-4-3-2-1

GROUNDING EXERCISE

When experiencing anxiety, your five senses will help you stay anchored to the present. 5-4-3-2-1 activates the "logic" part of the brain, so the "stress" part can get a break.

5	<p style="text-align: center;"><u>SEE</u></p> <p>List 5 items you can see. What are the colors or patterns?</p>	
4	<p style="text-align: center;"><u>TOUCH</u></p> <p>List 4 items you can touch or feel. What is the texture like? Is it warm or cool?</p>	
3	<p style="text-align: center;"><u>HEAR</u></p> <p>List 3 items you can hear. Is it loud, or quiet? Where is it coming from?</p>	
2	<p style="text-align: center;"><u>SMELL</u></p> <p>List 2 things you can smell. Is it pleasant or foul? Where is it coming from?</p>	
1	<p style="text-align: center;"><u>TASTE</u></p> <p>List one thing you can taste. If you cannot taste anything, how does your mouth feel? (Dry, salivating, etc...)</p>	

Remember to use this tool throughout the day when you feel stressed, as well as when you feel calm. Without doing this, your brain may associate the tool with stress alone, and be less helpful. The more you practice it, the easier it becomes to retrieve under anxious situations.