

# Grounding in 5 Minutes

When your thoughts are racing or you feel overwhelmed, use this grounding exercise to return to the present moment

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

This sensory-based exercise anchors you in the now.



### 5 Things You Can See

Look around and name five things you can see. Big or small, familiar or new.



### 4 Things You Can Feel

Notice four things you can touch — your clothes, the chair, your hair, a nearby object.



### 3 Things You Can Hear

Close your eyes. Listen and name three distinct sounds you can hear.



### 2 Things You Can Smell

Notice the smells around you — your soap, the air, anything close by.



### 1 Thing You Can Taste

Focus on one thing you can taste — a sip of water, mint, or just your breath

## Final Step

**Take a deep breath.**

Remind yourself: 'I am safe. I am here. This moment will pass.'

