

GROUNDING TECHNIQUE

5-4-3-2-1

A sensory reset for the moment anxiety pulls you out of the room.

5**things you can see.**

The lamp, a mark on the wall, your own hands.

4**things you can feel.**

The chair, the floor, your sleeve, the air.

3**things you can hear.**

Traffic, a hum, your own breathing.

2**things you can smell.**

Coffee, soap, or two smells you like.

1**thing you can taste.**

A sip of water, or simply your mouth.