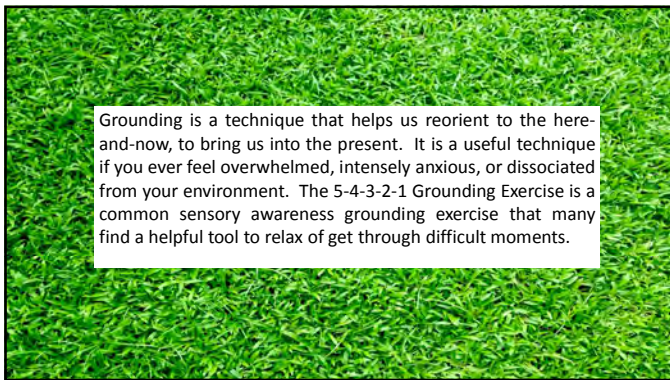




1



Grounding is a technique that helps us reorient to the here-and-now, to bring us into the present. It is a useful technique if you ever feel overwhelmed, intensely anxious, or dissociated from your environment. The 5-4-3-2-1 Grounding Exercise is a common sensory awareness grounding exercise that many find a helpful tool to relax or get through difficult moments.

2

5-4-3-2-1 GROUNDING EXERCISE

- **5 - LOOK:** Look around for 5 things that you can see, and say them out loud. For example, you could say, I see the computer, I see the cup, I see the picture frame.
- **4 - FEEL:** Pay attention to your body and think of 4 things that you can feel, and say them out loud. For example, you could say, I feel my feet warm in my socks, I feel the hair on the back of my neck, or I feel the pillow I am sitting on.
- **3 - LISTEN:** Listen for 3 sounds. It could be the sound of traffic outside, the sound of typing or the sound of your tummy rumbling. Say the three things out loud.
- **2 - SMELL:** Say two things you can smell. If you're allowed to, it's okay to move to another spot and sniff something. If you can't smell anything at the moment or you can't move, then name your 2 favorite smells.
- **1 - NAME:** Name 1 good thing about yourself.

3

5-4-3-2-1 GROUNDING EXERCISE

You should feel calmer and more at ease by the end of this exercise. Repeat the 5 steps more than once if needed.

Try out the technique in different situations.

You may find it works well for insomnia, anxiety, cravings and general focus and relaxation.

4

Grounding Exercise Ideas

- <https://www.livingwell.org.au/well-being/mental-health/grounding-exercises/>
- <https://www.beautyafterbruises.org/blog/grounding101>

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