

THE 5-4-3-2-1 GROUNDING TECHNIQUE

Feeling overwhelmed or pacing? This countdown method can help you calm your mind.



Find **5** things you can
SEE around you



Find **4** things you can
TOUCH around you



Find **3** things you can
HEAR around you



Find **2** things you can
SMELL around you



Find **1** thing you can
TASTE. (Swallow)