



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

Ease your state of mind in stressful moments.



Acknowledge **5** things
that you can see
around you.



Acknowledge **4** things
that you can touch
around you.



Acknowledge **3** things
that you can hear
around you.



Acknowledge **2** things
that you can smell
around you.



Acknowledge **1** thing
that you can taste
around you.