

# 5-4-3-2-1

## GROUNDING TECHNIQUE

A calming technique to connect you with the present moment and quiet distress thoughts

Instructions: Sitting or standing, breathe deeply, and answer these items.

5

5 things you can see



4

4 things you can touch



3

3 things you can hear



2

2 things you can smell



1

1 thing you can taste

