5-4-3-2-1

GROUNDING TECHNIQUE

When anxiety rises, bring yourself back to the present. Name what you notice through each sense.

Breathe. Notice. Return to now.

05

SEE

Name 5 things you can see



04

TOUCH

Name 4 things you can feel



03

HEAR

Name 3 things you can hear



02

SMELL

Name 2 things you can smell



01

TASTE

Name 1 thing you can taste



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