

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

By Nick Trenton "Stop Overthinking"

ALIGNED • INSPIRED • EMPOWERED • TRANSFORMED

5

SEE

Find five things in your environment that you can see. Take a moment to observe the details of each one.

4

FEEL

Find four things that you can feel or touch. Take the time to sense textures and/or sensations to the touch

3

HEAR

Find three things that you can hear. It can be your breath or any external sound. Pause to soak in the details.

2

SMELL

Find two things that you can smell. Can you smell any of the items surrounding you? or your skin?

1

TASTE

Find one thing that you can taste. Any lingering flavor from your last meal? Stay and explore the sensation.

