

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

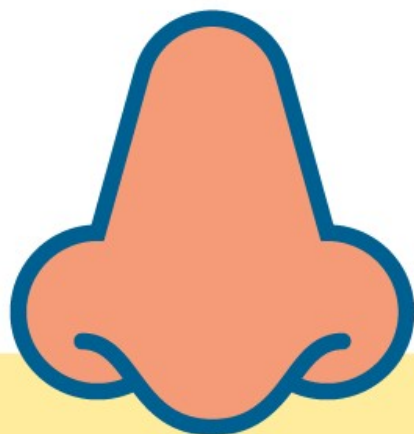
Ease your state of mind in stressful moments.



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.