

You
are
here
now.
♥

Ground Yourself With 5-4-3-2-1

Here
and
now
♥

A grounding skill that helps bring your attention back to the present when your mind is racing or you feel overwhelmed.

SLOWER
CALMER
KINDER
STRONGER
BRIGHTER
TOMORROW

1 What is 5-4-3-2-1?

5-4-3-2-1 is a simple sensory grounding tool. It helps you bring your attention to the present moment by noticing what you can see, feel, hear, smell and taste.

It shifts your focus away from worrying thoughts and back to what is happening right now.

One
sense
at
a
time.
♥

2 Why use it?

5-4-3-2-1 can help:

- ✓ Calm your nervous system
- ✓ Reduce feelings of overwhelm
- ✓ Bring your attention to the present
- ✓ Create a sense of safety and stability
- ✓ Help you feel more in control
- ✓ Be useful anytime, anywhere

A calmer
today
is
possible.
♥

3 When might this help?

5-4-3-2-1 can be useful when you feel...



Panic

Feeling
overwhelmed
or anxious.



**Spiraling
thoughts**

Your mind
won't slow
down.



Dissociation

Feeling numb,
spaced out,
or disconnected
from your
surroundings.



Conflict

After a
conversation
or situation.



Stress

When life
feels like
too much.

4 Try it now: 5-4-3-2-1

Look around you and slowly notice...

5



5 things you can see

Look for colours,
shapes, light, or
small details.

4



4 things you can feel

Notice the texture,
temperature, or pressure.

3



3 things you can hear

Listen for sounds near
or far away.

2



2 things you can smell

Notice any scents,
or just the air.

1



1 thing you can taste
or take one slow breath
if taste is not available.

Notice a taste, or
simply breathe in
and out slowly.

5 Helpful tips



You do not have to do it perfectly.
It still works, even if you only notice a few things.



Go slowly.
Take your time and notice what you genuinely observe.



Name things out loud or silently.
Use whichever feels best for you.



You can do it anywhere.
At home, at school, at work, or in a public space.

Small
steps
count.
♥

6 If you still feel overwhelmed

Try one or more of these next steps:



1. Sit down.
Give your body support and feel the ground beneath you.



2. Drink cold water.
A cool sensation can help regulate your nervous system.



3. Lengthen your exhale.
Breathe in gently, then breathe out a little longer than your inhale (e.g., in for 4, out for 6).



4. Text or call someone safe.
Reach out to a supportive person who makes you feel heard and calmer.

7 A gentle reminder



Grounding is not about making feelings disappear. It is about helping your body know you are here now and safe enough in this moment.

You've
got this.
♥