

The “5-4-3-2-1” Grounding Method

Why it Works:

Reconnects the mind to the present moment, reducing overthinking and anxiety.

Engages all five senses, shifting focus away from stress.

How to Practice (Step-by-step):

When feeling anxious, overwhelmed, or emotionally stuck, follow these steps:

- 1** 5 things you can SEE (Look around and name them).
- 2** 4 things you can TOUCH (Feel the texture of your clothing, the chair, etc.).
- 3** 3 things you can HEAR (Notice background sounds—birds, a fan, or distant voices).
- 4** 2 things you can SMELL (Breathe in the scents around you—coffee, flowers, fresh air).
- 5** 1 thing you can TASTE (Focus on the taste in your mouth—gum, tea, or even just saliva).

Pro Tip: This method is fast and effective for panic attacks, stress at work, or overwhelming emotions.