

Anxiety Buster

Grounding Technique

When panic and worry creep in, remember
5-4-3-2-1

"For God has not given us a spirit of fear, but of power and of love and of a sound mind."
2 Timothy 1:7 NKJV

5



SEE

What are **5** things you can see
(hands, floor, etc.)

4



FEEL

What are **4** things you can feel
(chair, feet on floor, etc.)

3



HEAR

What are **3** things you can hear
(clock ticking, birds, etc.)

2



SMELL

What are **2** things you can smell
(clothes, air freshener, etc.)

1



TASTE

What is **1** thing you can taste
(lunch, mint, etc.)