

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

This can be helpful in response to a sudden onset of anxiety that triggers severe physical reactions.

Take a moment to identify:

- 5 things you can **see** around you.
- 4 things you can **feel** around you.
- 3 things you can **hear** around you.
- 2 things you can **touch** around you.
- 1 thing you can **taste** around you.

