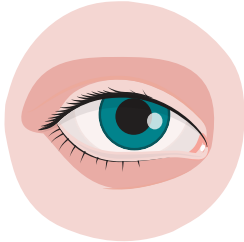


# The 5-4-3-2-1 Grounding Technique for Anxiety

Grounding techniques help interrupt the cycle of anxiety or depression symptoms by shifting your focus to your immediate surroundings. This can help calm your mind and bring you back to the present moment.



## **Find 5 things you can SEE**

Look around and name five objects in your surroundings. Focus on details like colors, shapes, or textures.



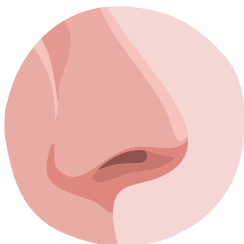
## **Find 4 things you can TOUCH**

Reach out and feel four different objects or surfaces. Notice their temperature, texture, or weight.



## **Find 3 things you can HEAR**

Listen carefully and identify three distinct sounds. They can be nearby or in the distance.



## **Find 2 things you can SMELL**

Take a deep breath and notice two scents around you. If you can't smell anything, imagine two of your favorite scents.



## **Find 1 thing you can TASTE**

Notice the current taste in your mouth. If you can't taste anything, think of a favorite flavor.

**Take slow, deep breaths as you move through each step. Repeat the exercise as needed.**