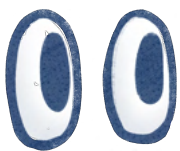


The 5-4-3-2-1 grounding technique

The 5-4-3-2-1 technique will help you purposefully take in details of your surroundings using each of your senses. Strive to notice small details that your mind would usually tune out, such as distant sounds, or the texture of an object.



What 5 things can you see?

Look around you and focus on objects you can see. Notice their colours, textures, and small details you'd normally dismiss.



What 4 things can you feel?

Notice the textures of things around you. It could be your clothing, the chair you are sat on or an object you can hold.



What 3 things can you hear?

Pay special attention to sounds around you (focus and you may notice sounds you are blocking out), such as distant traffic, or birds chirping outside.



What 2 things can you smell?

Notice smells in the air around you, like an air freshener or perfume on your clothes. You may also look around for something that has a scent, such as an unlit candle.



What 1 thing can you taste?

If you can, focus on a taste in your mouth. Try eating or drinking something to engage your tastebuds.