

5 • 4 • 3 • 2 • 1

Grounding Technique

When you are feeling anxious or overwhelmed, bring your focus back to the present moment, your body, and your surroundings, with this simple grounding technique. Take a few slow, long, and deep breaths to start.

Notice:



5 things you can **see**

4 things you can **touch**



3 things you can **hear**

2 things you can **smell**



1 thing you can **taste**