

5-4-3-2-1 Grounding

A mindfulness technique for anxiety, panic, and overwhelm

“When your mind races, your senses can bring you home.”

This technique uses your five senses to anchor you in the present moment. It is especially helpful during anxiety, panic, dissociation, or moments of overwhelm. Work slowly through each step, pausing and breathing between each one.

Before you begin: take three slow, deep breaths. Breathe in for 4 counts, hold for 2, out for 6.

5**Things I can SEE**

Look around slowly. Name 5 things you can see right now.

4**Things I can TOUCH**

Notice textures, temperature, weight. Name 4 things you can touch.

3**Things I can HEAR**

Listen carefully. Name 3 sounds around you.

2**Things I can SMELL**

Notice any scents. Name 2 things you can smell.

1**Thing I can TASTE**

Notice any taste in your mouth. Name 1 thing.

HOW DO YOU FEEL NOW?

Rate your anxiety before: _____ / 10 After: _____ / 10

Any other notes:

If panic or dissociation is frequent, please consider speaking with a therapist. We are here for you.