

5-4-3-2-1 Grounding Technique

5 THINGS YOU CAN



4 THINGS YOU CAN



3 THINGS YOU CAN



2 THINGS YOU CAN



1 THING YOU CAN



If you're feeling anxious, worried, or panicky, use the 5-4-3-2-1 Grounding Technique to bring your attention back to the current moment.

This technique uses your senses. It involves looking around you and focusing on objects you can see, feel, hear, smell, and taste. Identifying objects around you slows your heart rate and takes your focus off the intense feelings of anxiety, worry, or panic.