

# 5-4-3-2-1 Grounding Exercise

When your mind is racing, grounding helps bring you back to the here and now. If you ever feel overwhelmed, anxious or disconnected from your environment, "5-4-3-2-1" is an exercise to help you relax.

- Describe **5** things you see in the room
- Name **4** things you can feel.
- Name **3** things you hear right now.
- Name **2** things you can smell right now (or 2 smells you like).
- Name **1** good thing about yourself.

Take a deep breath to finish. You should feel calmer and more at ease by the end of the exercise. Repeat the 5 steps more than once if needed.