

The 5-4-3-2-1 Grounding Technique

5 - things you can see

4 - things you can feel

3 - things you can hear

2 - things you can smell

1 - thing you can taste

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This second technique gets you to use all your five senses to help you to get back to the present. It starts with you sitting comfortably, close your eyes and taking a couple of deep breathes. In through your nose (count to 3), out through your mouth (to the count of 3).

Now open your eyes and look around you. Name out loud:

5 – things you can see (you can look within the room and out of the window)

4 – things you can feel (the silkiness of your skin, the texture of the material on your chair, what does your hair feel like? What is in front of you that you can touch? A table perhaps?)

3 – things you can hear (traffic noise or birds outside, when you are quiet and actually listening things in your room constantly make a noise but typically we don't hear them).

2 – things you can smell (hopefully nothing awful!)

1 – thing you can taste (it might be a good idea to keep a piece of chocolate handy in case you are doing this grounding exercise! You can always leave your chair for this one and when you taste whatever it is that you have chosen, take a small bite and let it swill around your mouth for a couple of seconds, really savoring the flavor).

Take a deep breath to end.