

## 5-4-3-2-1 grounding technique

This takes practice, no-one can be good at something new 1<sup>st</sup> time. It's best practiced when you're feeling reasonably settled so that when you really need it you have the skill ready.

For each sense don't just list the things, describe them a little too.

Take it slowly, there's no rush.

**5** things you can see



**4** things you can feel



**3** things you can hear



**2** things you can taste / smell (or imagine)



**1** big breath

The breath at the end acts like a full stop to the exercise.