

5-4-3-2-1 grounding technique

This takes practice, no-one can be good at something new 1st 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.