



5-4-3-2-1 Grounding

A quick five-senses reset for coming back to the present.

Use this when

Your mind is racing, you feel disconnected, or you want to return your attention to the present moment.

5 - LOOK

Name **5 things you can see**. Notice color, shape, light, texture, or a detail you usually miss.

4 - FEEL

Name **4 things you can physically feel**. Clothing, the chair, your feet on the floor, temperature, or an object in your hand.

3 - LISTEN

Name **3 things you can hear**. Start with obvious sounds, then notice quieter background sounds.

2 - SMELL

Name **2 things you can smell**. If nothing stands out, notice the air or think of two familiar scents.

1 - TASTE

Name **1 thing you can taste**. Notice a current taste, sip water, or simply notice the inside of your mouth.

Keep it simple

You do not have to feel completely calm for grounding to be useful. The goal is to gently bring your attention back to what is happening *right now*.