



## 5-4-3-2-1 Grounding Technique for Anxiety

Have you ever felt overwhelmed by stress or stuck a spiral of anxious thinking? This mini-mindfulness technique can interrupt the vicious cycle of anxiety by getting you out of your head and into the present moment by igniting the five senses. Take a couple of slow, mindful breaths before proceeding to the following steps:

**5** Acknowledge five things you can see around you. This can be objects close up like a pen or lamp or items further away like a cloud or a bird in a tree.



**4** Acknowledge four things you can touch around you. You can start with things on you - your hair, ears, wrists, watch, ring, glasses - and then move to things around you.



**3** Acknowledge three things you can hear around you. Focus on sounds outside of your body such as a ticking clock, the hum of the air conditioning, or your coworker typing.



**2** Acknowledge two things you can smell around you. Perhaps you have some warm coffee or tea or just applied some lotion or sanitizer to your hands.



**1** Acknowledge one thing you can taste around you. Maybe it's the minty freshness of your toothpaste, this morning's oatmeal or granola bar, or a piece of gum.



# Technique Of Self Help Psychiatry

**SJ Ball**



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