

5-4-3-2-1 Grounding Exercise

Grounding is a technique that helps us reorient to the here-and-now, to bring us into the present. They are a useful technique if you ever feel overwhelmed, intensely anxious, or dissociated from your environment.

The “54321 exercise” is a common sensory awareness grounding exercise that many find a helpful tool to relax or get through difficult moments.

Procedure:

1. Describe **5** things you **see** in the room right now
2. Name **4** things you can physically **feel** right now (e.g. “my feet on the floor”)
3. Name **3** things you **hear** right now (“traffic outside”)
4. Name **2** things you can **smell** right now
5. Name **1** thing you can **taste** right now (“toothpaste”)

You may feel calmer and more at ease by the end of the exercise. Repeat the 5 steps more than once if needed.

Try out the technique in different situations, you may find it works well for insomnia, anxiety, cravings, or for general relaxation.