

THE 5 senses

GROUNDING TECHNIQUE

To help reduce anxiety, use this technique by noticing:

- 5 Five things in the space around you**
(a desk, a chair, a laptop, etc.)
- 4 Four things you can feel**
(your shirt, your hair, the chair you sit on, etc.)
- 3 Three things you can hear**
(traffic noise, your kids, TV, etc.)
- 2 Two things you can smell**
(your hand soap, your perfume, a flower etc.)
- 1 One thing you can taste**
(a sip of coffee, a dessert, etc.)