

5-4-3-2-1

Grounding Technique

Try this coping technique for anxiety

First, focus on your breathing.
Take deep, slow, long breaths.

5



Name 5 things you can see.

A pen, the floor, anything in your surroundings.

4



Name 4 things you can touch.

It could be a pillow, a chair, the ground, or the bed you're sitting on.

3



Name 3 things you can hear.

Try to focus on things outside your body, like cars driving by etc.

2



Name 2 things you can smell.

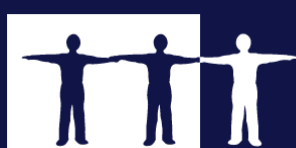
This could be a candle you have burning or the smell of nature from an open window.

1



Name 1 thing you can taste.

It could be the gum you were just chewing or the coffee you were drinking.



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*Note: Always follow your local/provincial public health guidelines.