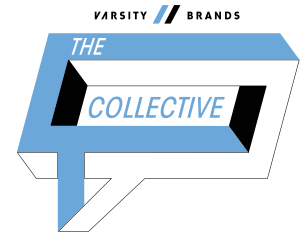


# 5-4-3-2-1

## ***GROUNDING TECHNIQUE***



To help reduce anxiety and ease your state of mind in emotional or stressful situations, use this grounding technique to help you reconnect with the present.

**Look around you and name:**

**5 THINGS YOU CAN *SEE***

**4 THINGS YOU CAN *TOUCH***

**3 THINGS YOU CAN *HEAR***

**2 THINGS YOU CAN *SMELL***

**1 THING YOU CAN *TASTE***