

Exercise sheet

GROUNDING EXERCISE 5-4-3-2-1



Grounding is a technique that allows us to find ourselves in the here and now, to bring us back to the present. This exercise can help you when you feel overwhelmed by anxiety or disconnected from your environment. The 5-4-3-2-1 is an exercise that develops awareness of our 5 senses, which can be a useful tool for getting through tough times.

What to do?

- 1 I describe 5 things I see around me.
- 2 I name 4 things that I feel (my feet on the ground, the air in my nostrils)
- 3 I name 3 sounds that I can hear now (cars outside)
- 4 I name 2 things that I can smell (or two smells that I love)
- 5 I name something I like about myself.

At the end of the exercise, we feel more present and calm. The 5 steps can be repeated more than once if necessary.

Try the technique in different situations. You may find that it also works for insomnia, anxiety or what's missing when you stop smoking.