**Experiential: Grounding Technique**

**5, 4, 3, 2, 1 Grounding Technique:** This technique will take you through your five senses to help remind you of the present. This is a calming technique that can help you get through tough or stressful situations.

**Directions:**

Take a deep belly breath to begin.

**5- LOOK**. Look around for 5 things that you can see. For example, you could say, I see the computer, I see the cup, or I see the picture frame.

**4- FEEL**. Pay attention to your body and think of 4 things that you can feel. For example, you could say, I feel my feet warm in my socks, I feel the hair on the back of my neck, or I feel the chair I am sitting on.

**3- LISTEN**. Listen for 3 sounds. If could be the sound of traffic outside, the sound of typing or the sound of your stomach rumbling.

**2- SMELL**. Say two things you can smell. If you can't smell anything at the moment or you can't move, then name your 2 favorite smells.

**1- TASTE**. Say one thing you can taste. It may be the toothpaste from brushing your teeth, or a mint from after lunch. If you can't taste anything, then say your favorite thing to taste.

Take another deep belly breath to end.