

GROUNDING

5, 4, 3, 2, 1 Grounding

A sensory grounding exercise to help you return to the present moment when anxiety or overwhelm takes hold. It works by gently redirecting your attention away from racing thoughts and back to what is actually here, right now.

How to practise

- | | | |
|----|------------------|--|
| 01 | 5 — See | Look around and name five things you can see. Notice small details — the grain of a table, the way light falls on a wall, a colour you had not noticed before. |
| 02 | 4 — Touch | Notice four things you can feel. The texture of your clothing, the chair supporting you, the temperature of the air on your skin, your feet on the floor. |
| 03 | 3 — Hear | Listen for three sounds. They might be close by — your own breathing — or further away, like traffic or birdsong. Simply notice them without judgement. |
| 04 | 2 — Smell | Notice two things you can smell, or two smells you like. If nothing comes to you, that is fine — simply notice the air as you breathe in. |
| 05 | 1 — Taste | Notice one thing you can taste, or take a sip of a drink and pay attention to it fully. |

Gentle reminders

- There is no right or wrong way to do this. If your mind wanders, that is completely normal — simply return to where you left off.
- You can practise anywhere: on a bus, in a waiting room, at your desk. Nobody needs to know you are doing it.
- The more you practise when you feel calm, the more naturally it will come when you need it most.

None of this is homework, and none of it is required — take what feels helpful and leave the rest.