

How To Do The 54321 Grounding Technique

This technique will help you work with your senses to get you back in the present. This technique offers calming and relaxation to help you cope through transition, change, difficult moments where anxiety and stress are at their highest. It does so by helping you slow down and pay attention to your senses.

Take a deep belly breath to begin. (Use BOX BREATHING)

5. See

Observe your physical surroundings; the room or place you are in and **find five things or items you can see**. Say the name of them aloud. Simple state what you see, for example:

- “I see a chair”
- “I see a clock”
- “I see a window”
- “I see a door”
- “I see a picture on the wall”

After spotting five things you can see in your nearby surroundings, we move on to feeling.

4. Feel

Close your eyes and take a moment to really feel your body. **Use your feeling sense to describe four things that you feel**. Say this out loud to yourself, for example:

- “I feel my toes wiggling in my shoes”
- “I feel the breeze against my skin”
- “I feel my hair on my neck”
- “I can feel my feet on the floor”

After you’ve named four things you can feel, next we move on to things we can hear.

3. Listen

Take a moment to listen closely to your surroundings. What do you hear? **Name three sounds that you can hear.** Thoughts about sounds you can hear might be:

- “I hear the air pushing through the vents”
- “I hear a dog barking in the distance”
- “I hear the birds chirping through the window”
- “I can hear distant traffic”

Once you’ve named three things you can hear, we move on to paying attention to smells.

2. Smell

Take a moment to bring awareness to your sense of smell. Notice two scents that might be in the room. **Name two things you can smell,** for example:

- “I can smell the scent of the flowers that are in the vase”
- “I can smell food cooking nearby”
- “I can smell an air freshener in the room”

Sometimes it is difficult to connect with your sense of smell. If you’re having trouble naming two things, name two of your favorite smells.

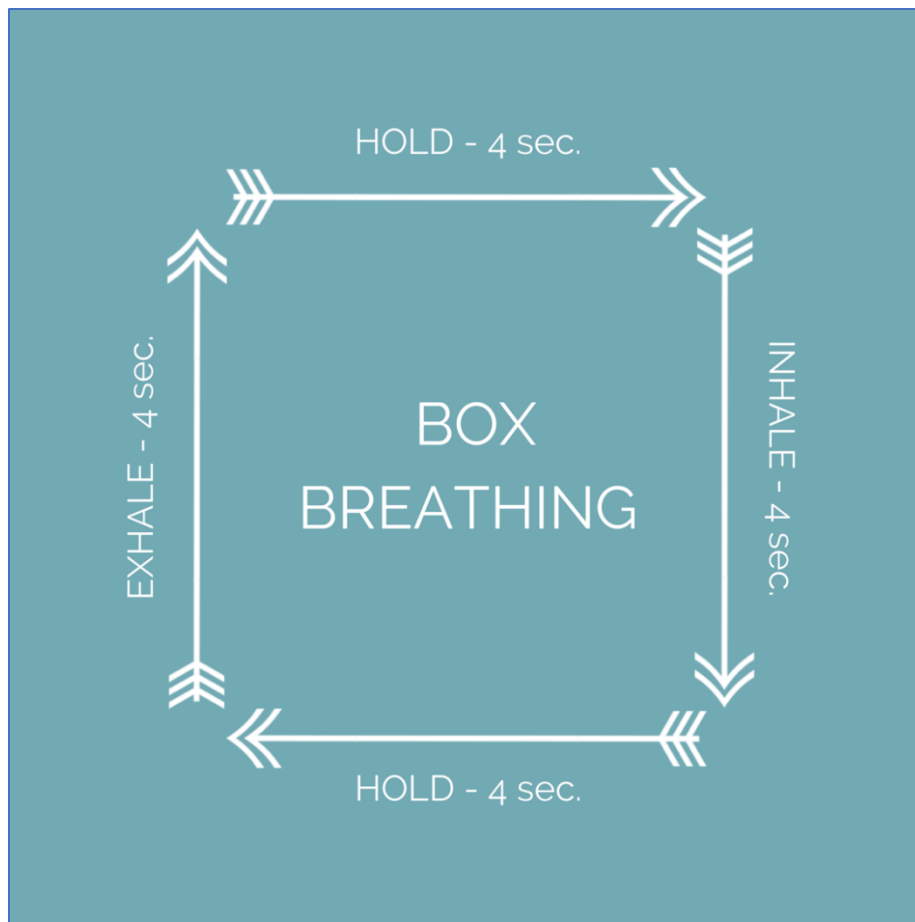
1. Taste

Next, name one thing you can taste; close your eyes if you are having difficulty. Try to notice what you may have eaten recently. This might sound like:

- “I can taste the mint from the gum I was chewing”
- “I can taste the coffee that I had this morning”
- “I can taste the tooth paste from brushing my teeth”

If you cannot taste anything, visualize your favorite taste, and name it.

At last, take one deeper belly breath to end your mindfulness practice.



Back in The Now

This technique will have helped bring you back to a more present state of mind, removing all the mental stressors and giving you space to move forward in your day.

Use this technique anytime you are struggling with stress and anxiety. You can do this on the bus, at your desk, or anywhere you have the opportunity for a few moments to yourself.