The 5-4-3-2-1 Grounding Technique

A sensory check-in to help you reconnect with the present moment

Pause. Breathe gently. Notice your surroundings, one sense at a time.

5

SEE

Name five things you can see around you.

4

FEEL

Notice four things you can physically feel or touch.

3

HEAR

Listen for three sounds you can hear.

2

SMELL

Identify two scents you can smell (or remember two familiar scents).

1

TASTE

Notice one taste in your mouth (or imagine a familiar taste).

Reflect & Take Your Next Step

What do I notice about my body or emotions now?

One supportive step I can take next:

You can repeat this exercise or adapt a sense if needed. It is okay if anxiety does not disappear immediately.

Created for educational and personal reflection by Imperfect Harmony Counseling Services.
This worksheet is not a substitute for individualized mental health care.