

# THE 5 4 3 2 1 GROUNDING TECHNIQUE

This calming technique connects you with the present through your senses

**5**

things you can

**SEE**



**4**

things you can

**HEAR**



**3**

things you can

**TOUCH**



**2**

things you can

**SMELL**



**1**

thing you can

**TASTE**

