

5-4-3-2-1 GROUNDING

Use your senses to calm your body
and bring yourself back to the present.

5

THINGS YOU CAN SEE

Look around you.
What do you see?



4

THINGS YOU CAN FEEL

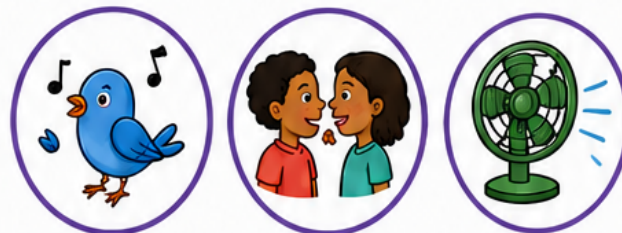
Notice how things
feel around you.



3

THINGS YOU CAN HEAR

Listen carefully.
What do you hear?



2

THINGS YOU CAN SMELL

Take a deep breath.
What can you smell?



1

THING YOU CAN TASTE

What does your
mouth taste like?

