

GROUNDING: 54321

5 Steps to Bring You Mindfulness, Clarity, & Relaxation

Use this exercise when you're feeling distracted or anxious. Plant your feet on the ground and take a few deep breaths in and out. Be sure to fully exhale.

01

5 THINGS YOU SEE

Name 5 things you see around you. Name colors, patterns, or textures. Be descriptive.

"I see the yellow stripes on the curtains. I see the pink tassels on my pillows."

02

4 THINGS YOU FEEL

Name 4 things you are feeling sensory-wise. Notice your physical comfort or discomfort.

"I feel my legs sitting together. I feel the tightness of my shoe laces around my feet."

03

3 THINGS YOU HEAR

Name 3 things you hear. Be still and silent, and listen closely to the sounds around you.

"I hear the sound of my dog's breath going in and out. I hear the hum of the fan."

04

2 THINGS YOU SMELL

Name 2 things you can smell. If you don't smell anything, imagine and name 2 of your favorite scents.

"I smell the soup cooking on the stove. I love the citrus scent of lemons."

05

1 THING YOU LIKE ABOUT YOURSELF

Name 1 thing you like about yourself. It can be related to anything - your personality, your body, your talents, etc.

"I am capable of doing hard things. I treat others with kindness."