

5, 4, 3, 2, 1

Grounding Exercise

5, 4, 3, 2, 1 is a mindfulness exercise that utilizes the five senses and what's around you to help bring your focus into the present.

This is a great tool when you're feeling overwhelmed or anxious, when you're experiencing racing thoughts, or when you're simply feeling ungrounded.

The 5, 4, 3, 2, 1 technique is simple and adaptable. Using your five senses, name what you can see, hear, smell, taste, and touch in groups of 5, 4, 3, 2, and 1 with one sense per group.

Different situations can provide the opportunity to tune into one sense over another. In a restaurant? Try to identify 5 smells. Stuck in traffic? Try to identify 5 things you see.

You can use this as an example to practice:

