5-4-3-2-1 Grounding

Slow down and notice what's around you, one sense at a time.

Before: how anxious do I feel? 0 1 2 3 4 5 6 7 8 9 10

5 things I can **see**

4 things I can **touch**

3 things I can **hear**

2 things I can **smell**

1 thing I can **taste**

After: how anxious do I feel now? 0 1 2 3 4 5 6 7 8 9 10

No smell or taste nearby? Name one you like instead. Go slowly: there's no right answer.

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