

5-4-3-2-1 Grounding Exercise

Grounding is a technique that helps us reorient to the here-and-now, to bring us into the present. They are a useful technique if you ever feel overwhelmed, intensely anxious, or dissociated from your environment. The “54321 game” is a common sensory awareness grounding exercise that many find a helpful tool to relax or get through difficult moments.

PROCEDURE

1. Describe 5 things you see in the room.
2. Name 4 things you can feel (“my feet on the floor” or “the air in my nose”)
3. Name 3 things you hear right now (“traffic outside”)
4. Name 2 things you can smell right now (or 2 smells you like)
5. Name 1 good things about yourself

You should feel calmer and more at ease by the end of the exercise. Repeat the 5 steps more than once if needed.

Try out the technique in different situations, you may find it works well for insomnia, anxiety, cravings when quitting smoking or for general relaxation.