5-4-3-2-1 GROUNDING TECHNIQUE

SIT OR STAND IN A COMFORTABLE POSITION, TAKE A DEEP BREATH, AND IDENTIFY:

5 THINGS YOU CAN SEE 

4 THINGS YOU CAN TOUCH 

3 THINGS YOU CAN HEAR 

2 THINGS YOU CAN SMELL 

1 THING YOU CAN TASTE 

USING YOUR SENSES TO PROMOTE CALM AND RECONNECT WITH THE PRESENT