



Grounding Exercise

5, 4, 3, 2, 1 TECHNIQUE

	<p>Start: Take Three Deep Breaths Find a comfortable and safe spot to rest. Inhale deeply through your nose, counting to five. Hold your breath for a count of four. Exhale slowly through your mouth for a count of three. Repeat three times and focus on relaxing your body.</p>
	<p>5 - Sight: Identify and Acknowledge Five Objects Take time to look around and identify five things you can see. Identify each object out loud or in your mind.</p>
	<p>4 - Touch: Acknowledge Four Things You Can Feel Pay attention to four objects or sensations you can feel. Acknowledge each sensation, saying them aloud or in your mind.</p>
	<p>3 - Sound: Identify Three Things You Can Hear Listen to your surroundings and identify three things you can hear. Verbalise out loud or in your mind as you identify each sound.</p>
	<p>2 - Smell: Name Two Things You Can Smell Take notice of two scents around you. Describe each scent either out loud or in your mind.</p>
	<p>1 - Taste: Focus on One Thing You Can Taste If you can, focus on one thing you can taste. Describe the taste either out loud or in your mind.</p>
	<p>Reflection: Take Another Deep Breath Inhale deeply through your nose, counting to five. Hold your breath for a count of four. Exhale slowly through your mouth for a count of three and focus on relaxing your body. Take a moment to reflect on how you feel after this exercise</p>