



5-4-3-2-1 is a grounding method for periods of elevated anxiety or even panic attacks.

This method uses input from the senses to communicate to the hyper alert brain, that in fact, no actual or immediate harm to the body is present. When we consider that anxiety is a very necessary and important reflex of the body to survive, but it gets tripped up in being able to distinguish between real or perceived threat, we can utilize the simplicity of the body to communicate safety.

There is no avalanche to **see**. There is no open wound to **feel**. There is no loud crashing to **hear**.
There is no smoke to **smell**. There is no poison to **taste**.

The exercise is simple. Here are the instructions.

NOTICE & NAME

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

Too simple? I agree.

Here are some hints to make it work optimally.

HINTS

Do it again – and this time when you notice the things you can see, describe each item "aloud to yourself" and in more detail.

For example, if before you noticed seeing the object "plant", this time notice the white checker patterned pot with the bright green heart shaped leaves sprouting out.

Do it again – and this time, when you notice new things you can feel with your body, look for external and smaller points of contact.

For example, if you noticed your back against a chair, this time see if you can find a smaller point of sensation, maybe the touch of clothing on your skin.

Go slowly.

(It is also worth noting that daily grounding practices are useful for everyone, so you don't have to wait to feel anxious to do this exercise.)