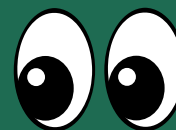




5-4-3-2-1 Grounding Technique for Anxiety

Have you ever felt overwhelmed by stress or stuck a spiral of anxious thinking? This mini-mindfulness technique can interrupt the vicious cycle of anxiety by getting you out of your head and into the present moment by igniting the five senses. Take a couple of slow, mindful breaths before proceeding to the following steps:

5 Acknowledge five things you can see around you.
This can be objects close up like a pen or lamp or items further away like a cloud or a bird in a tree.



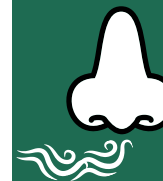
4 Acknowledge four things you can touch around you.
You can start with things on you - your hair, ears, wrists, watch, ring, glasses - and then move to things around you.



3 Acknowledge three things you can hear around you.
Focus on sounds outside of your body such as a ticking clock, the hum of the air conditioning, or your coworker typing.



2 Acknowledge two things you can smell around you.
Perhaps you have some warm coffee or tea or just applied some lotion or sanitizer to your hands.



1 Acknowledge one thing you can taste around you.
Maybe it's the minty freshness of your toothpaste, this morning's oatmeal or granola bar, or a piece of gum.

