

# 5-4-3-2-1 TECHNIQUE FOR GROUNDING

In our day-to-day life, we may often come across triggers that can make us experience intense emotions. These triggers may come in different forms, but they all have one thing in common - they can make us feel lost, burdened, and out of control. It's in these very moments that we need something to anchor us to the present and offer a comforting sense of safety.

The 5-4-3-2-1 Technique can be that anchor. **It's a simple tool that can guide you back to the safety of the present moment.** While it's not a magic wand or an instant fix, it can be a valuable resource in times of need - a lifeline of sorts to help you bring your body back to the present moment, interrupt the cycle of distressing thoughts and emotions at the moment, and help you regain your sense of control.



Now, let's dive into the 5-4-3-2-1 Technique and learn how to use it effectively.

## 1. Notice 5 Things You Can See:

Look around you and identify five things you see. It could be anything - the colour of the walls, a book, a tree outside your window, or a photo frame.

*If you are unable to identify 5 things around you, you can think of any 5 things that you want. For eg., you may imagine a chair, a bottle or a pillow.*

Spend a few minutes noticing these objects.

Now write down the **5 things** you can see here:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



## 2. Acknowledge 4 Things You Can Touch:



Pay attention to your sense of touch. Identify four things you can touch or feel within your immediate surroundings. It could be the texture of your clothing, the warmth of a cup of tea, the softness of a cushion or even the texture of your own skin.



*If you are not able to feel 4 things, you can imagine yourself touching objects and name their textures. For eg., you may imagine touching a blanket and feeling that it's soft in texture, how grainy the cloth of your backpack feels, or even how the place you're sitting on feels.*

Take a few moments to understand how the touch of each object feels against your skin.

Now write down the **4 things** you can touch here:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_



## 3. Recognize 3 Things You Can Hear:



Listen carefully to your surroundings and identify three sounds you can hear right now. It could be the hum of your computer, the birds singing, the distant sound of traffic, the sound of your fan or air conditioner or even your own breath.

*In case you are in a very silent space, you may also play a song on your phone and identify 3 tones or instruments you can hear in it, or tap your fingers on something and listen to the sound they create.*



Spend some time to focus on the various sounds you hear. Notice how loud or soft they are, how it's paced- fast or slow.

Now write down the **3 things** you can hear, here:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



#### 4. Identify 2 Things You Can Smell:



Focus on your sense of smell and identify two scents around you. It might be the aroma of a candle, the freshness of the air, or the scent of your favourite lotion. You may also spray some perfume and feel how its subtle notes feel for you.

Once you identify 2 things that you can smell, try to pay attention to it and how it feels for you. Is the smell pleasant or unpleasant for you? Or, is it a strong or faint smell?

Now write down the **2 things** you can smell here:

1. \_\_\_\_\_
2. \_\_\_\_\_



#### 5. Acknowledge 1 Thing You Can Taste:



Now, pay attention to your sense of taste. Identify one thing you can taste at this moment. It might be some coffee, a piece of chocolate, or even some ice or mint.

*If you are not able to find something that you can taste at the moment, you can simply imagine how your favourite dessert tastes like and name it to yourself.*

Try to focus on the taste of the particular item you have identified. Take a few moments to truly feel how the food tastes. Is it hard? soft? chewy?. Is it sweet? salty? spicy?.



Write down the **1 thing** you can taste here:

1. \_\_\_\_\_



After completing this exercise, take a moment to reflect on how you feel right now, and be with yourself. The 5-4-3-2-1 Technique is a skill that grows stronger with practice. As you continue your healing journey, keep this worksheet handy, and use it whenever you need to reconnect with the present moment. Healing takes time, but with determination and the right tools, you can regain a sense of control over your emotions and build resilience.

If you, or someone you know is looking to seek professional help, reach out to us at **The Mood Space** <https://www.themoodspace.com/getstarted> and our Care Team will get back to you within 24 hours.

Not looking for professional help just yet? We understand, keep browsing through our Care Space tools and explore our self-help handouts and worksheets to navigate mental health-related challenges in a better manner.

