

PRACTICE GUIDE

Grounding (5-4-3-2-1)

Return to the present moment

"Be still, and know that I am God." -- Psalm 46:10

When anxiety pulls you into the future -- or trauma pulls you into the past -- your senses can bring you back. This grounding exercise uses all five to anchor you in the present moment. It works in under two minutes.

THE PRACTICE

- 1 5 things you SEE**
Look around. Name five things you can actually see right now.
- 2 4 things you FEEL**
Physical sensations -- the chair beneath you, fabric, temperature, weight.
- 3 3 things you HEAR**
Close your eyes. What sounds are present?
- 4 2 things you SMELL**
Take a breath in. What do you notice?
- 5 1 thing you TASTE**
The faintest taste in your mouth right now.

TIP

"I am here. I am safe. I am held." -- say this after your final breath.