

# 5 • 4 • 3 • 2 • 1 GROUNDING EXERCISE

A simple exercise to bring your attention back to the present moment when things feel overwhelming.

## 5 - LOOK

Notice five things you can see around you.

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## 4 - FEEL

Notice four things you can physically feel.

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## 3 - LISTEN

Listen for three sounds.

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## 2 - SMELL

Notice two things you can smell.

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## 1 - TASTE

Notice one thing you can taste.

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Take a slow breath at the beginning and end of this exercise. Move gently and without pressure.

Stuart Cameron MSW • Unscripted Mental Health • [www.stuartcameron.org](http://www.stuartcameron.org)