



Southdowns Psychotherapy Resource

54321 Grounding Exercise

When anxiety threatens our peace of mind, we may feel overwhelmed and it can be difficult to stay in the moment.

The “5-4-3-2-1” tool is a simple yet effective method for regaining control of your mind and aims to ground you again in the moment when anxiety threatens to take over.

This exercise helps bring us back to our senses by inviting us to focus on our senses and can be used in a panic attack.

Look around you and 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