

Grounding exercise

The 54321 grounding technique is simple, yet powerful. Like gradually attaching anchors to the boat, this method slowly pulls you back to earth.

First, take a moment to become mindful of your breath. Just a few deep breaths invite your body back into the moment, slowing everything down. Then, become aware of your environment.

- **Acknowledge 5 Things You Can See:** Notice the fabric on your chair or sofa. Or the precise shape of your fingernails. Become aware of the glossy green of the plant in the corner. Take your time to really *look* and acknowledge what you see.
- **Acknowledge 4 Things You Can Touch:** The satisfyingly rough texture of the car seat. Your cotton shirt against your neck. If you like, spend a moment literally touching these things. Maybe notice the sensation of gravity itself, or the floor beneath you.
- **Acknowledge 3 Things You Can Hear:** Don't judge, just hear. The distant traffic. The voices in the next room. As well as the space between sounds.
- **Notice 2 Things You Can Smell:** If at first you don't feel like you can smell anything, simply try to sense the subtle fragrance of the air around you, or of your own skin.
- **Become Aware of 1 Thing You Can Taste:** The lingering suggestion of coffee on your tongue, maybe?

Repeat this process as many times as necessary. Take your time and notice how you feel afterward.

No matter how far your mind wanders, the present moment is always here, waiting for your return. This 54321 grounding technique can help pull anxious mental energy back into the body, grounding and calming it so that you can release stress and focus again, in the here and now.