

5-4-3-2-1 Exercise

If you are feeling stressed or anxious, practice this exercise to ground yourself. Write down your observations below to reflect on them.



5 Things You Can See

These things can include people, colors, items or anything else that you observe around you.



4 Things You Can Touch

Jot down the texture of the items around you, the material of your clothing or even your skin.



3 Things You Can Hear

Close your eyes and look for ambient noise, conversations or even your own heartbeat.



2 Things You Can Smell

If you work in a space without many scents, observe the smell of the air or your clothing.



1 Thing You Can Taste

Drink, sip or just observe what you currently taste, think about the experience of the flavor.
