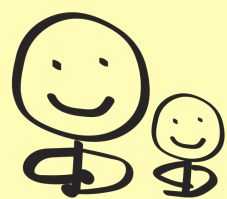




5, 4, 3, 2, 1 (GROUNDING TECHNIQUE)

Who can do it?



Everyone

When can you do it?



When you feel anxious or stressed or restless or angry.

How will it help and expected outcomes?



- It can take your mind off from what you are experiencing and help you to focus on the present.
- It can help manage overwhelming feelings or intense anxiety.

Resources required?

Yourself



HOW TO DO IT?

Take a deep belly breath.

5 - LOOK: Look around for 5 things that you can see, and say them out loud. For example, you could say, “I see the computer, I see the cup, I see the picture frame...”

4 - FEEL: Pay attention to your body and think of 4 things that you can feel, and say them out loud. For example, you could say, “I feel my feet warm in my socks, I feel the hair on the back of my neck, I feel the pillow I am sitting on...”

3 - LISTEN: Listen for 3 sounds. It could be the sound of traffic outside, the sound of typing or the sound of your tummy rumbling. Say the three things out loud.

2 - SMELL: Say two things you can smell; move to another spot and sniff something if you need to. If you can't smell anything at the moment or you can't move, then name your 2 favourite smells.

1 - TASTE: Say one thing you can taste. It may be the toothpaste from brushing your teeth or mint from after lunch. If you can't taste anything, then say your favourite thing to taste.

Take another deep belly breath at the end.