

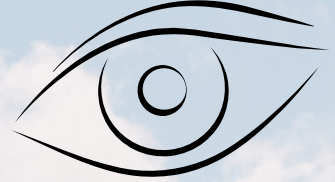
# 5-4-3-2-1 Grounding Technique

## HELPS YOU TO SLOW DOWN & CALM DOWN

*First take three slow deep breathes (in through your nose and out through your mouth)*

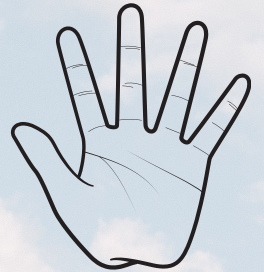
5

LIST 5 THINGS YOU CAN SEE



4

LIST 4 THINGS YOU CAN FEEL



3

LIST 3 THINGS YOU CAN HEAR



2

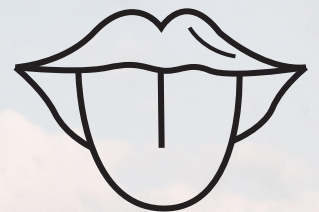
LIST 2 THINGS YOU CAN SMELL



1

LIST ONE THING YOU CAN TASTE

LIST A THING YOU ENJOY THE TASTE OF OR YOUR LAST MEAL/SNACK)



*Now take another three slow deep breathes*



**YOUR WELLBEING UK**