Mindfulness – 54321 Grounding Exercise

**Grounding helps bring us to the here and now.**

**It helps us when we feel overwhelmed, anxious, or dissociated from our environment. The 54321 exercise uses the senses in order to bring us into the present moment and allows us to be mindful.**



PROCEDURE

1. Look for 5 things

1. Try to feel 4 things
2. Try to notice 3 different sounds.
3. Notice 2 different smells.
4. Notice 1 thing you can taste.

Repeat the 5 steps more than once if you need to. You can try the technique in different situations to see when it might work for you.

If there is any senses you struggle with, then you can imagine what you would like to be seeing/ feeling/ hearing/ smelling/ tasting.