

## Self-Soothing

### **5, 4, 3, 2, 1 Grounding Technique**

This approach explores your five senses to help keep you grounded in the present. This is a calming technique that can help you get through periods of anxiety, or headaches. It can be done independently, making it useful for when you are alone.

Take a deep belly breath to begin. Imagine a balloon in your stomach filling up with air as you breath in.



**LOOK:** Look around for **5** things that you can see and say them out loud. For example, you could say, I see the TV, I see the pencil case, I see a vase of flowers.



**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 slippers, I feel the grass beneath my feet, or I feel the beanbag I am sitting on.



**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.



**SMELL:** Say **2** things you can smell. If you're allowed to, it's okay to move to another spot and sniff something. If you can't smell anything at the moment or you can't move, then name your 2 favourite smells. You may say, I can smell dinner cooking, or I can smell perfume.



**TASTE:** Say **1** thing you can taste. It may be the toothpaste from brushing your teeth, or sweetness from fruit. If you can't taste anything, then say your favourite thing to taste.

Take another deep belly breath to end.

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