

5-4-3-2-1 GROUNDING RESET

BEST PRACTICE: Anxiety, Overwhelmed, Stuck in thoughts.

5



- ☐ A desk
- ☐ A plant
- ☐ A book
- ☐ A sweater
- ☐ A metal mug
- ☐ The face-down phone

SEE 5 THINGS 5 THINGS YOU CAN SEE

4



4 THINGS YOU CAN TOUCH

3



3 THINGS YOU CAN HEAR

2



2 THINGS YOU CAN SMELL

1



1 THING YOU CAN TASTE

