

**5 things you can see? Look for small details such as a pattern on the ceiling, the way light reflects off a surface, or an object you never noticed.**

**4 things you can feel? Notice the sensation of clothing on your body, the sun on your skin, or the feeling of the chair you are sitting in. Pick up an object and examine its weight, texture and other physical qualities.**

**3 things you can hear? Pay special attention to the sounds your mind has tuned out, such as a ticking clock, distant traffic or trees blowing in the wind.**

**2 things you can smell? Try to notice smells in the air around you, like an air freshener or freshly mowed grass. You may also look around for something that has a scent, such as a flower or an unlit candle.**

**1 thing you can taste? Carry gum, candy, or small snacks for this step. Pop one in your mouth and focus your attention closely on the flavours.**

# Grounding Technique

* With the 5-4-3-2-1 technique, you purposefully take in the details of your surroundings using each of your senses. Strive to notice small details that your mind would usually tune out.