5-4-3-2-1 Grounding

Use this when you feel overwhelmed, panicky, or pulled back into a painful memory.

Name: _____ Week of: _____

Step by step

1. Sit or stand comfortably. Feel your feet on the floor. Take one slow breath, with a longer breath out.
2. Name **5** things you can **see**. Look for small details.
3. Name **4** things you can **feel**: your clothes, the chair, the air on your skin.
4. Name **3** things you can **hear**, near and far.
5. Name **2** things you can **smell**, or two smells you like.
6. Name **1** thing you can **taste**, or take a sip of water.
7. Say to yourself: today's date, where you are, and "I am safe right now" if that is true.

Other grounding ideas that work for me

For example: hold something cold, press your palms together, name the colours in the room, recite something familiar slowly.

Cut out and keep in your wallet or phone case ✂

Ground yourself: 5-4-3-2-1

Feet on the floor. One slow breath out.

5 things I see · **4** I feel · **3** I hear · **2** I smell · **1** I taste

Today is _____. I am at _____. This feeling will pass.

If I am not safe or need help now

Call your local emergency number: Pakistan Rescue 1122 · Saudi 911 · India 112 · UK 999 · US/Canada 911

Talk to someone: Pakistan Umang 0311 7786264 · Saudi 920033360 · India 14416 · UK Samaritans 116 123 · US/Canada 988

My person: _____ ☎ _____

The 5-4-3-2-1 method is a widely used grounding exercise, described for example by NHS inform. Layout and wording: sherjeelawan.com. Free worksheet from sherjeelawan.com by Dr. Malik Sherjeel Awan (PsyD). For personal use; not a diagnosis or a substitute for professional care. In an emergency call your local emergency number.