

## 5 SENSES GROUNDING TECHNIQUE

Pay attention to your breathing. Slow, deep, long breaths. Once you find your breath, go through the following steps.

- 5 Notice five things you **SEE** around you.
- 4 Notice four things you can **TOUCH** around you.
- 3 Notice three things you **HEAR**.
- 2 Notice two things you **SMELL**.
- 1 Notice one thing you **TASTE**.