



The 5-4-3-2-1 Grounding Technique to Reduce Anxiety

Anxiety is something most of us have experienced during a public speaking event, performance review, or taking on new job responsibilities. There are personal and work-related situations that can cause the calmest person to feel a little stressed.

This five-step exercise can be very helpful during periods of anxiety or panic by helping build the technique to ground yourself in the present moment. First, pay attention to your breathing, with slow, deep breaths, then go through the following steps to help ground yourself:

5: Acknowledge FIVE things you see around you.

4: Acknowledge FOUR things you can touch around you.

3: Acknowledge THREE things you hear.

2: Acknowledge TWO things you can smell.

1: Acknowledge ONE thing you can taste.

Use this [video](#) as a step-by-step guide to help you ground yourself in the present moment when your mind is bouncing between anxious thoughts.