



Returning to the Present

A 5-4-3-2-1 Grounding Exercise

HOW TO USE THIS EXERCISE

Grounding uses your senses to reconnect with the present moment. It may help when you feel anxious, overwhelmed, disconnected, or caught in difficult thoughts. Move slowly. If a sense is unavailable or uncomfortable, skip it or adapt the step.

5

SEE

Notice colours, shapes, light, or small details.



4

FEEL

Notice clothing, temperature, pressure, or texture.



3

HEAR

Listen for sounds nearby and farther away.



2

SMELL

Notice two scents, or name two scents you enjoy.



1

TASTE

Notice one taste, or take a slow sip of water.



CHECK IN

What do I notice now - in my body, thoughts, or surroundings?

Grounding does not have to make the feeling disappear to be helpful.

Notice whether you feel even slightly more present, steady, or able to choose your next step.

Educational resource only. If you are in immediate danger or unable to keep yourself safe, call 9-1-1. In Canada, call or text 9-8-8 at any time for suicide-crisis support.