

# The 5, 4, 3, 2, 1 Grounding Exercise

This technique will take you through your five senses to help remind you of the present moment. This is a calming technique that can help you get through tough or stressful situations, and can also be used to stop flashbacks while meditating.

If you have risk factors for experiencing a flashback while meditating, we encourage you to always meditate in a safe place and review this guide before meditating. For more info on flashback risk factors, meditating safely, and a video guide to practicing this technique, visit: [BoundlessLoveProject.org/advisory](https://BoundlessLoveProject.org/advisory).

## How do I do the 5,4,3,2,1 grounding exercise?

To begin, take a slow belly breath.

**5 - LOOK:** Look around and name out loud 5 things you can see. For example, you could say, “I see books, I see a window, and through the window I see sunshine, clouds, and a tree.”

**4 - FEEL:** Feel inside the body and name out loud 4 things you can feel. “I can feel an ache in my lower back, energy in my hands and feet, pressure where my seat contacts the chair, and pressure where my shoes touch my feet.”

**3 - LISTEN:** Listen for sounds and name 3 things you can hear out loud. “I hear a bird singing outside, far away traffic, and a gurgling in my stomach.”

**2 - SMELL:** Smell what you can smell and name 2 smells out loud. If you can't smell anything, then name 2 of your favorite smells. “I enjoy the smells of vanilla and peppermint.”

**1 - TASTE:** Taste what you can taste and name 1 taste out loud. If you can't taste anything, then name 1 of your favorite tastes. “I enjoy the taste of blueberries.”

Take another slow belly breath to end.