TEENS
Grounding Techniques

THE 5-4-3-2-1 METHOD
During tense moments, stress, or anxiety FOCUS ON:

5 THINGS YOU CAN SEE
A picture on your wall, your phone case, the tree outside

4 THINGS YOU CAN FEEL
Your dog's fur, your keyboard, the fabric of your shirt

3 THINGS YOU CAN HEAR
A car's horn, television in the background, the wind

2 THINGS YOU CAN SMELL
Candles, food from the kitchen, the rain

1 THINGS YOU CAN TASTE
Gum, a cheeseburger, coffee

Using our senses can help you stay GROUNDED, REGULATE EMOTIONS and REST OUR MINDS.