

# 5 Senses Grounding Technique

A coping skill to help you ground in the here and now.

## Description

With the 5 Senses Grounding Technique, you use your 5 senses to help you calm your nervous system and get grounded in the present moment.

## 5 Senses Grounding Technique

<b>5 Senses</b>	What do you notice in your surroundings?
<b>Sense of Sight</b>	What are 3 things you can see? Notice the details of the 3 items you see.
<b>Sense of Hearing</b>	What are 3 things you can hear?
<b>Sense of Smell</b>	What are 3 things you can smell?
<b>Sense of Taste</b>	What are 3 things you can taste?
<b>Sense of Touch</b>	What are 3 things you can touch/feel?

## 5, 4, 3, 2, 1 Grounding Technique

### Description

With the 5, 4, 3, 2, 1 Grounding Technique, you do the same as the 5 Senses grounding technique but instead of observing 3 items for each sense, you observe the following:

Sense of Sight: 5 things you can see

Sense of Hearing: 4 things you can hear

Sense of Smell: 3 things you can smell

Sense of Taste: 2 things you can taste

Sense of Touch: 1 thing you can touch/feel