A GROUNDING PRACTICE · ANXIETY

5-4-3-2-1 grounding

By **Jamie Bayof**

> *When your mind races into the future, bring it back to the room. Say each one out loud if you can.*

1. **5 things you see**
2. **4 you can touch**
3. **3 you hear**
4. **2 you smell**
5. **1 you taste**

> Then ask: “What is the one thing this moment needs from me?”

The one thing this moment needs from me

A short practice from The Two Battles Field Manual (Anxiety: 5-4-3-2-1 grounding) and the free guide.

Educational, not medical advice.
If you're in the US: Call or text 988
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