

## **Grounding Technique**

*Whenever you are overwhelmed, dysregulated or anxious...notice and verbalise the following...*

- 5 things I can see**
- 4 things I can hear**
- 3 things I can feel**
- 2 things I can smell**
- 1 thing I can taste**

*Usually, dysregulation and anxiety stem from us thinking either about the past or the future. Grounding techniques help bring us to the present.*