

## 5-4-3-2-1 Technique to Help with Anxiety

**5 - LOOK:** Look around for 5 things that you can see, and say them out loud. For example, you could say, I see the computer, I see the cup, I see the picture frame.

**4 - FEEL:** Pay attention to your body and think of 4 things that you can feel, and say them out loud. For example, you could say, I feel my feet warm in my socks, I feel the hair on the back of my neck, or I feel the pillow I am sitting on.

**3 - LISTEN:** Listen for 3 sounds. It could be the sound of traffic outside, the sound of typing or the sound of your stomach rumbling. Say the three things out loud.

**2 - SMELL:** Say two things you can smell. If you're allowed to, it's okay to move to another spot and sniff something. If you can't smell anything at the moment or you can't move, then name your 2 favorite smells.

**1 - TASTE:** Say one thing you can taste. It may be the toothpaste from brushing your teeth, or a mint from after lunch. If you can't taste anything, then say your favorite thing to taste. Another option is to name one thing that you like about yourself.