

# MENTAL HEALTH

## 5-4-3-2-1 GROUNDING TECHNIQUE INSTRUCTIONS

Start practicing this technique when you begin to feel the symptoms of anxiety.

1) Name **5** things you can see around you (a table, a chair, a light post, or anything).



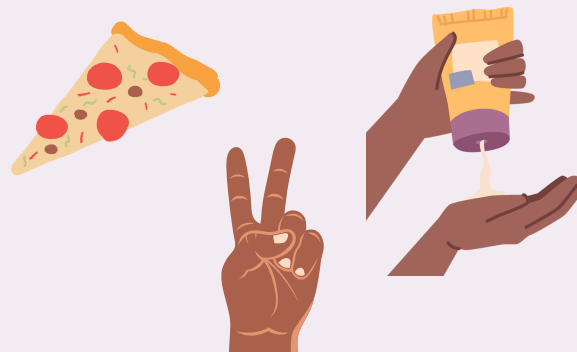
2) Touch and feel the texture of **4** things (the fabric of the clothes you are wearing, the table in front of you, even your own hair or skin).



3) Identify **3** sounds you can hear (the honking of cars, the hum of the refrigerator, or birds singing).



4) Notice **2** smells around you (the scent of the environment, the coffee or tea you prepared, your own body odor, or anything you can smell).



5) Taste (**1**) one thing (a chocolate or a candy). But if you don't have any of those on hand, focus on the taste in your mouth (residue from coffee, toothpaste, or your last snack).



Watch the following video that explains this technique:



Adults



Youth



The information in this brochure is based on the organization [Psicologoscordoba.org](https://www.psicologoscordoba.org).  
If you are interested in learning more about different self-help coping strategies, visit our  
Unaccompanied Children Resource Center: [ucresourcecenter.org](https://ucresourcecenter.org).