5-4-3-2-1 Sensory Reset

A simple technique to ground yourself when feeling overwhelmed. By engaging your five senses, you can shift your focus from internal distress to the world around you.

WHEN TO USE

- ✓ Panic or anxiety
- ✓ Racing thoughts
- ✓ Feeling 'spaced out'
- ✓ High overwhelm

5 OBSERVATIONS

Notice 5 things you can see

Colors, shapes, light, objects...

4 OBSERVATIONS

Notice 4 things you can feel

Texture, temperature, weight...

3 OBSERVATIONS

Notice 3 things you can hear

Traffic, birds, humming, breathing...

NOTICE 2 THINGS YOU CAN SMELL

NOTICE 1 THING YOU CAN TASTE

Educational use only. Not a substitute for professional medical care.