

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**