

# 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...*

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### 4 OBSERVATIONS

Notice 4 things you can feel

*Texture, temperature, weight...*

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### 3 OBSERVATIONS

Notice 3 things you can hear

*Traffic, birds, humming, breathing...*

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NOTICE 2 THINGS YOU CAN SMELL

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NOTICE 1 THING YOU CAN TASTE

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