5–4–3–2–1: A Grounding Exercise

Nicola Dilenardo Therapy | Free wellbeing resource

Coming back to the present

When thoughts feel busy, noticing your surroundings may help you reconnect with the here and now. You can do this silently and at your own pace.

Look around

5 things you can see. Choose ordinary details: a colour, a shape, a shadow or an object.

4 things you can feel. Notice the chair beneath you, your clothes or the ground under your feet.

3 things you can hear. Perhaps voices, birds, traffic or the hum of a room.

2 things you can smell. If you cannot notice any, recall two familiar scents.

1 thing you can taste. Or notice a sip of water, if available.

Afterwards

Take a moment to notice how you feel. There is no right result. If focusing on your senses increases discomfort, stop and choose something more supportive.

This resource is for general wellbeing and education, not a substitute for professional or emergency care. Stop any exercise that makes you feel unwell.