

The 5-4-3-2-1 Coping Technique

*These 5 steps are a way to ground yourself in the NOW.
Take you out of your head and help stop your flooded thoughts.*

In Cognitive Behavioral Therapy, it is believed that your thoughts are directly linked to how you feel. Although we feel like we lose control of our thought processes, we have tools that can help us gain back a sense of control and lead to healthier thought patterns. In moments of anxiety or triggered trauma, it is important to stay present-focused to help find symptom relief. Hopefully this coping technique can help you or someone you know stay present, grounded, and healthy.

5: Acknowledge FIVE things you SEE around you.

- However big or small, state 5 things you see.
 - (Examples: a bird, a pencil, a spot on the ceiling).

4: Acknowledge FOUR things you can TOUCH around you.

- Whatever it may be, list out the 4 things you can feel.
 - (Examples: your hair, hands, ground, grass, pillow.).

3: Acknowledge THREE things you HEAR.

- This needs to be external. Do not focus on your thoughts.
- What is audible in the moment is what you list.
 - (Examples: a clock, a car, a dog park, your tummy rumbling)

2: Acknowledge TWO things you can SMELL.

- Whatever it may be, take in the smells around you. This one might be hard if you're not in a stimulating environment. If you cannot automatically sniff something out, walk nearby to find a scent.
 - (Examples: walk to your bathroom to smell soap, or outside to smell anything in nature, or smell a pillow on the couch or a pencil.

1: Acknowledge ONE thing you can TASTE.

- Focus on your mouth as the last step and take in what you can taste.
- What does the inside of your mouth taste like?
 - (Examples: gum, coffee, or the sandwich from lunch).