

# GROUNDING EXERCISE: 54321

Take a moment to relax by focusing on the present moment using your five senses to identify each of the things below...

5

THINGS YOU CAN SEE



4

THINGS YOU CAN FEEL



3

THINGS YOU CAN HEAR



2

THINGS YOU CAN SMELL



1

THING YOU CAN TASTE



- 5: Look around and identify five things you can see.
- 4: Notice four things you can feel on your body/skin.
- 3: Try to notice three sounds you might usually tune out.
- 2: Identify two things you can smell (or your favorite smells).
- 1: Notice one thing you can taste (toothpaste, last meal, etc.)



Depression and Bipolar  
Support Alliance  
West Virginia  
State Organization

## WE'VE BEEN THERE. WE CAN HELP.

Brought to you by the Depression and Bipolar Support Alliance of WV.  
For mood disorder support groups, visit [DBSAWV.org](http://DBSAWV.org) or call 304-241-1862

