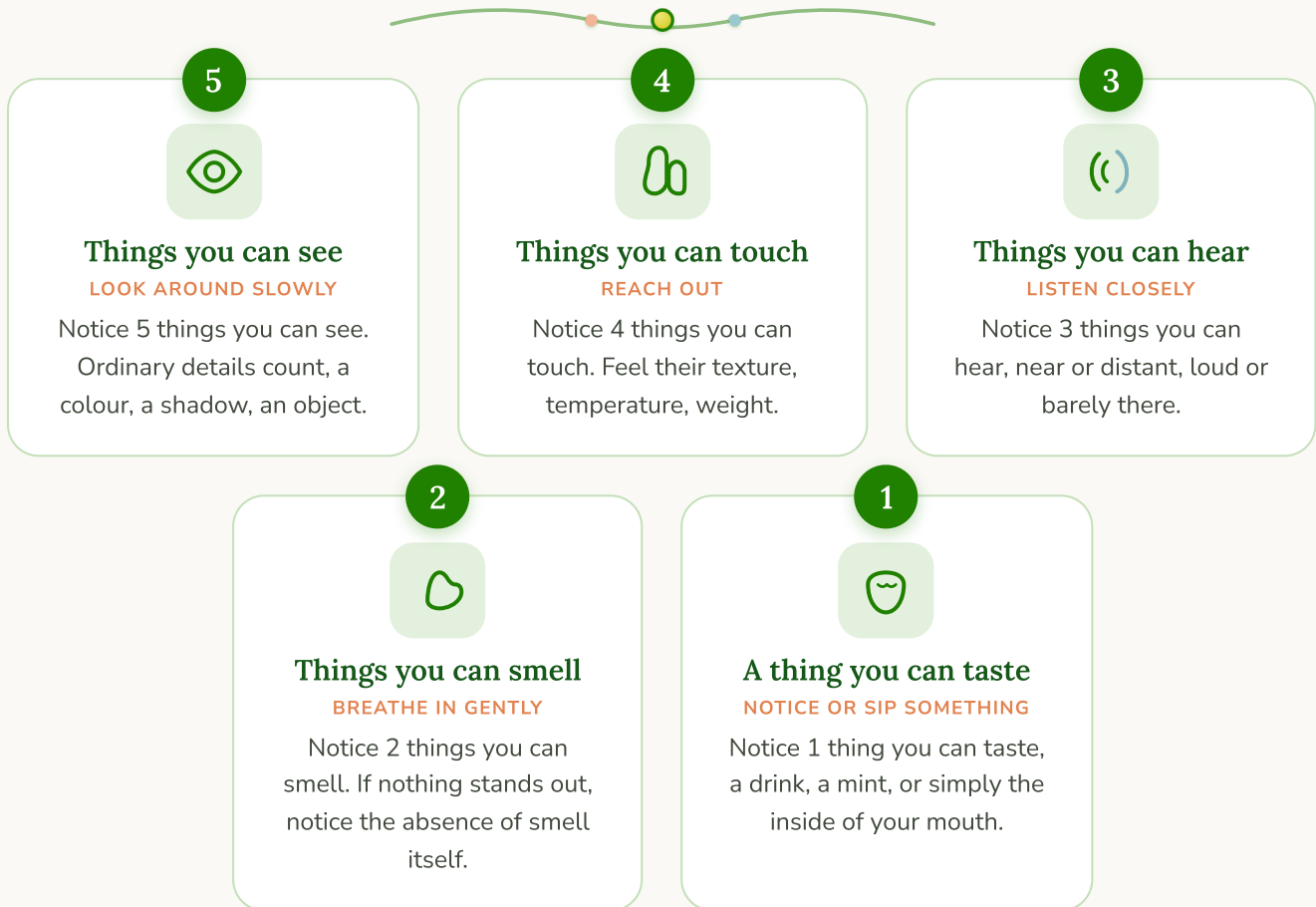


USING YOUR SENSES

5-4-3-2-1 sensory *grounding*

One of the most widely used grounding techniques, using the five senses to bring attention back to the present.



WHEN TO USE IT

Any moment that feels overwhelming, or when your mind is somewhere other than where you physically are.

WHY IT HELPS

Deliberately engaging the senses shifts attention out of anxious thought patterns and into the present moment.

It's fine to adapt this. Skip taste if nothing is nearby. The order matters less than the practice.

— One breath at a time is enough. —

Storme Brand Counselling, HPCSA Registered Counsellor, Reg. PRC0023531

www.stormebrand.co.za

This handout is for general information only and is not a substitute for counselling. If you would like support, visit stormebrand.co.za or WhatsApp 079 019 8437.