



pathways
by engage

GROUNDING MEDITATION (5-4-3-2-1)

This sensory meditation anchors you in the present moment and is highly effective for anxiety, dissociation, or overwhelming emotions.

HOW TO PRACTICE

1. TAKE A SLOW BREATH IN AND OUT.
2. LOOK AROUND AND NAME 5 THINGS YOU CAN SEE: A LAMP, A CRACK IN THE CEILING, YOUR HANDS...
3. NAME 4 THINGS YOU CAN PHYSICALLY FEEL: THE CHAIR BENEATH YOU, THE TEMPERATURE OF THE AIR...
4. NAME 3 THINGS YOU CAN HEAR: TRAFFIC, YOUR OWN BREATH, A FAN...
5. NAME 2 THINGS YOU CAN SMELL: COFFEE, FRESH AIR, SOAP...
6. NAME 1 THING YOU CAN TASTE
7. TAKE ANOTHER SLOW BREATH. NOTICE HOW YOU FEEL NOW.

When To Use

Before a difficult conversation, during a panic attack, or any time you feel overwhelmed. With practice, you can shift your state noticeably.

**If you need additional support,
give us a call at 805-601-6700**