

# 5 SENSES GROUNDING TECHNIQUE

Grounding techniques can help cope with trauma-related symptoms, including:

- Flashbacks and intrusive thoughts
- Dissociation (feeling disconnected, like you're not fully present)
- Fear, anxiety, hypervigilance and hyperarousal (a state of high alertness or anxiety)
- Physical symptoms like dizziness and rapid heartbeat

In addition to trauma symptoms, grounding techniques can be effective for managing anxiety and panic attacks by redirecting focus to the present moment.

## THE 5 STEPS



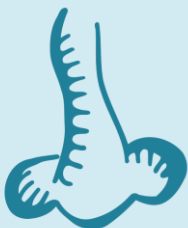
**SEE** Notice five things you can see around you, whether big or small, like a pen, bird, photo, or glass of water.



**TOUCH** Notice four things you can touch, such as your hair, the ground, cushion, chair or phone.



**HEAR** Notice three things you can hear, focusing on external noises like cars, clocks or footsteps.



**SMELL** Notice two things you can smell, like outdoor scents, soap, or furniture.



**TASTE** Notice one thing you can taste, like toothpaste, breakfast or coffee.