

# Anxiety Grounding

Stop anxiety and panic from hi-jacking your mind

Grounding is a very simple and powerful tool to help you:

- Break recursive cycle of anxious thoughts
- Return to present
- Reset your mind

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

Focus on **5** things you can see and label them in your mind.

Focus on **4** things you can touch, touch them and label them in your mind.

Focus on **3** things you can hear and label them in your mind.

Focus on **2** things you can smell and label them in your mind.

Focus on **1** thing you can taste or remember tasting and label it in your mind.



GREEN  FLOWER  
BOTANICALS