

5-4-3-2-1

Method for calming anxiety



5

Acknowledge FIVE things you see around you.

It could be a pen, a spot on the ceiling, or anything in your surroundings.



4

Acknowledge FOUR things you can touch around you.

It could be your skin, a pillow, or the ground under your feet.



3

Acknowledge THREE things you hear.

This could be any external sound. If you can hear your stomach growling that counts! Focus on things you can hear.



2

Acknowledge TWO things you can smell.

Maybe you are at work and smell your co-workers lunch, If you need to take a brief walk to find a scent you can.



1

Acknowledge ONE thing you can taste.

What does the inside of your mouth taste like—gum, coffee, or your lunch from earlier.