SESSION to LIFE

5-4-3-2-1 Grounding Practice

Use your senses to gently return to the present moment.

Date: _____

5 things I can see:

4 things I can feel or touch:

3 things I can hear:

2 things I can smell:

1 thing I can taste (or one kind word to myself):

How I feel after this practice:

Educational resource only. Not a substitute for individualized mental health treatment. In crisis (US): call or text 988.