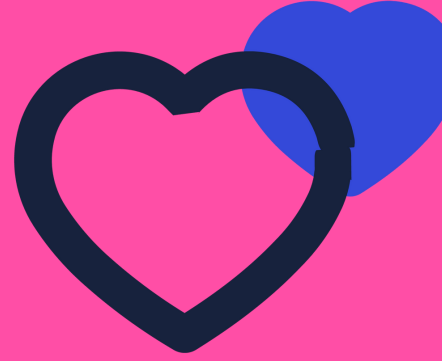
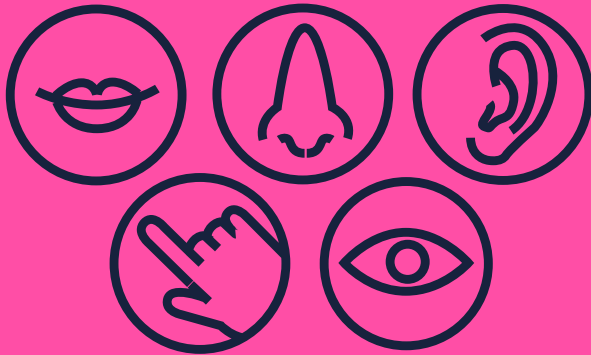


# Looking after your wellbeing from **Day One**



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



The 5-4-3-2-1 grounding technique is a great way to practice mindfulness. It can be done anywhere at any time and doesn't require any equipment.

Grounding is a really good way of helping us to manage our emotions when we are feeling stressed or overwhelmed. It can also be used every day to help us regulate how we feel.

**5** Look around and name five things you can see

**4** Focus on four things that you can feel

**3** Name three things that you can hear around you

**2** Notice two things that you can smell around you

**1** Focus on one thing that you can taste