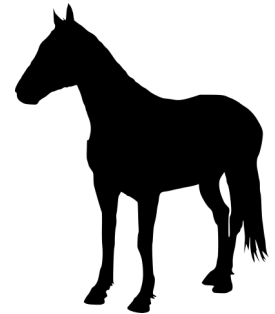
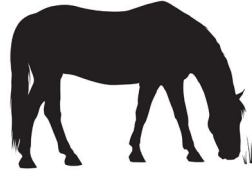
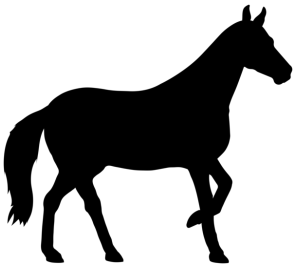


5-4-3-2-1 Grounding Technique



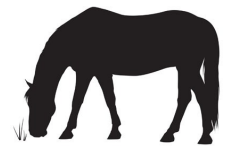
Calm your mind. Change your life.

What is the 5-sense method?

The 5-sense method leverages the power of your five senses to redirect your attention away from distressing thoughts and emotions. By focusing on sensory experiences, the method aims to ground you in the here and now.

Why does the 5, 4, 3, 2, 1 coping technique work?

The 5, 4, 3, 2, 1 method works because it engages multiple senses, requiring you to concentrate on the present environment rather than dwell on anxiety-inducing thoughts. This interrupts the fight or flight response, calming the nervous system and reducing symptoms of anxiety or stress almost immediately. Moreover, it can serve as the first step toward long-term coping strategies for mental wellness.



5



Five things you
see around you

4



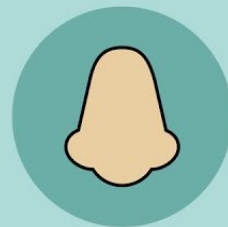
Four things you
feel on your
body

3



Three things you
hear

2



Two things you
smell

1



One thing you are
Grateful for

Horses show us how...

Horses have a unique way of engaging all their senses at once. They can regulate their energy and their fight or flight response, calming the nervous system while being able to appropriately respond to their environment, keeping them safe as prey animals.



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