

# Destress in Less Than Two Minutes

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

Does anxiety decrease your ability to perform on your test?

### FIRST TAKE 3 DEEP BREATHS:

**breathe in** (count to 4) | **hold** (count to 2) | **breathe out** (count to 4)

5

Name **5 things you can see**

i.e. lamp, floor, etc.

4

Name **4 things you can feel**

i.e. arm, shirt, etc.

3

Name **3 things you can hear**

i.e. pens writing, paper turning, etc.

or name favorite sounds

2

Name **2 things you can smell**

i.e. hair, laundry detergent in clothes

or name favorite smells

1

Name **1 thing that is positive about you**

**LASTLY, TAKE 3 MORE DEEP BREATHS AND... CONTINUE YOUR TASK/TEST**

Unable to gain control over your anxiety? Check in with a health care provider and/or the University Counseling Center.