Destress in Less Than Two Minutes:

The 5 4 3 2 1 Grounding Technique

If you find yourself in a state of stress or feelings of anxiety because of bad memories from the past or fear of what might happen in the future, bring yourself to the present moment using the 54321 Grounding Technique and your stress levels will diminish noticeably.

First take 3 deep breaths:
breathe in (count to 4), hold (count to 2), breathe out (count to 4)

Name five things you can see (i.e. lamp, floor, etc.)

Name four things you can feel (i.e. arm, shirt, etc.)

Name three things you can hear (i.e. pens writing, paper turning, etc. or name something you love hearing instead if there is silence all around you)

Name two things you can smell (i.e. your hair, laundry detergent in your clothes, if you smell nothing name 2 things you love the smell of instead)

Name one thing that is positive about you (since it might be hard to name something you can taste at all times of the day)

Lastly, take 3 more deep breaths and... continue your task (or the test you were taking)

Repeat the exercise if needed and name more items for each of your senses. However, in the event you feel you cannot control your stress or feelings of anxiety and symptoms are getting in the way of your health or what you want to achieve, we recommend you touch base with a health care provider and/or the University Counseling Center.