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.