

WELLNESS TOOLS / STRESS & COPING

# Grounding in 60 Seconds

When your mind is racing, use your senses to come back to the present moment.

1 MIN

Small enough to use today. Practical enough to use again.

Grounding is a brief attention exercise. It can be useful when you feel overwhelmed, anxious, distracted, or disconnected from what is happening around you.

## 5 - 4 - 3 - 2 - 1

5 things you can see

4 things you can physically feel

3 things you can hear

2 things you can smell

1 thing you can taste - or one slow breath you can notice

## Keep it simple

You do not have to feel calm for grounding to “work.” The goal is simply to move some attention from the racing thought back to the room you are in.

## Write it down

What did I notice after one minute?

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**Want to go deeper?** Community Wellness by ASAAP offers free mental wellness and coping education. CALM Conversations is offered in person only. Contact [kerry@asaap-ne.org](mailto:kerry@asaap-ne.org).