

## 5-4-3-2-1 Coping Technique for Anxiety

### Anxiety and Stress

Anxiety is a common experience for most individuals at some point in their lives.

Situations like public speaking, performance reviews, and new job responsibilities, particularly in the workplace, can induce stress even in the most composed individuals. These situations can lead to stress and emotional eating.

This five-step exercise proves beneficial during bouts of anxiety or panic, offering a means to anchor oneself in the present moment when the mind is entangled with various anxious thoughts. Prior to commencing the exercise, it is advised to focus on your breathing. Deliberate, deep, and prolonged breaths can contribute to maintaining a sense of calm or guiding you back to a more composed state. Once attuned to your breath, follow the subsequent steps to effectively ground yourself.



### 5-4-3-2-1 Coping Technique for Anxiety

5: Acknowledge FIVE things you see around you. It could be a pen, a spot on the ceiling, anything in your surroundings.

4: Acknowledge FOUR things you can touch around you. It could be your hair, a pillow, or the ground under your feet.

3: Acknowledge THREE things you hear. This could be any external sound. If you can hear your belly rumbling that counts! Focus on things you can hear outside of your body.

2: Acknowledge TWO things you can smell. Maybe you are in your office and smell pencil, or maybe you are in your bedroom and smell a pillow. If you need to take a brief walk to find a scent you could smell soap in your bathroom, or nature outside.

1: Acknowledge ONE thing you can taste. What does the inside of your mouth taste like—gum, coffee, or the sandwich from lunch?