

# Grounding Exercise

Try to use this grounding technique with yourself this week, understanding the impact of a technique before sharing it with someone else supports greater understanding and care.

**54321 technique** is a sensory awareness method that aims to remove your irrelevant thoughts and makes you focused on the present moments. It is a coping strategy for anxiety.



## Benefits of 54321 techniques -

- A helpful tool to relax.
- Improves immune system.
- Reduces irregular sleep patterns.
- Helps to ease anxious thoughts.
- Being alert & mindful of behavior.
- Balance of physical & emotional well being.

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