5-4-3-2-1 grounding

Take one slow breath. Then name what's around you, one sense at a time. Go slowly. There are no right answers, and you can skip a sense or swap it for another.

5
See

A color, a corner, a mug, your own hands

4
Feel

Feet on the floor, the seat under you, a sleeve

3
Hear

A hum, traffic, your own breathing

2
Smell

Soap, coffee, fresh air. None? Name two you like

1
Taste

Toothpaste, water, your last meal

Before: what was on my mind?

After: how does my body feel now?

If this makes you feel worse, stop. Breathe normally, look at one steady thing in the room, or talk to someone you trust.

Made by Joel Dean, Joyful AI Journal. A guided version is at joyfulaijournal.com/calm/grounding-techniques

If you are thinking about harming yourself, call or text 988 (US) or contact local emergency services.