



### 5-4-3-2-1 Transcript

Hello, my name is Carol Church Jesseph, and I am a mindful educator at Mind Body Align.

Grounding is a calming practice that can be used anytime we notice ourselves feeling anxious or disconnected. This grounding practice, called 5-4-3-2-1, brings your awareness to the present moment by focusing your attention on things that are tangible in your environment.

This practice will lead you through your senses. I invite you to find a comfortable, seated position that reflects your intention to be alert, yet relaxed in the practice.

Look around your environment silently, name five things you can see. If it is comfortable, you may close your eyes and in your head. Name four things you can hear. When you are ready, three things you can feel on your skin. Breathing in, two things you smell.

Now, open your mouth. Breathe air across to your taste buds. Name one thing you can taste. Now, gently move your awareness back to your breath. Opening your eyes if they're closed. Noticing how you feel. Noticing any sensations in your body.

Taking in the environment with fresh senses more deeply connected to the place that you are in. Knowing that you can return to this practice at any time.

Thank you for joining me in this practice.