

5 - 4 - 3 - 2 - 1 Grounding Exercise

Grounding is a skill we can practice to help us cope with uncomfortable sensations, unwanted memories, and complicated emotions. **Grounding connects us to our bodies.** It can help us be more mindful of what we're feeling and refocus our attention to what's happening in the present.

This exercise can be even more effective if you do it outdoors. Sometimes, when we've been in the NICU, we forget that stepping outside for a few minutes can improve how we're feeling.

Look around. Name **5** things you can see.



Reach out. Find **4** things you can touch.



Stop. Listen. Name **3** things you hear.



Smell **2** things. Inhale slowly and deeply.



Find **1** thing that you can taste.



When we're looking for compassion,
we need someone who is deeply rooted,
is able to bend and - most of all -
embraces us for our strengths and struggles.

Brené Brown, PhD, LMSW

