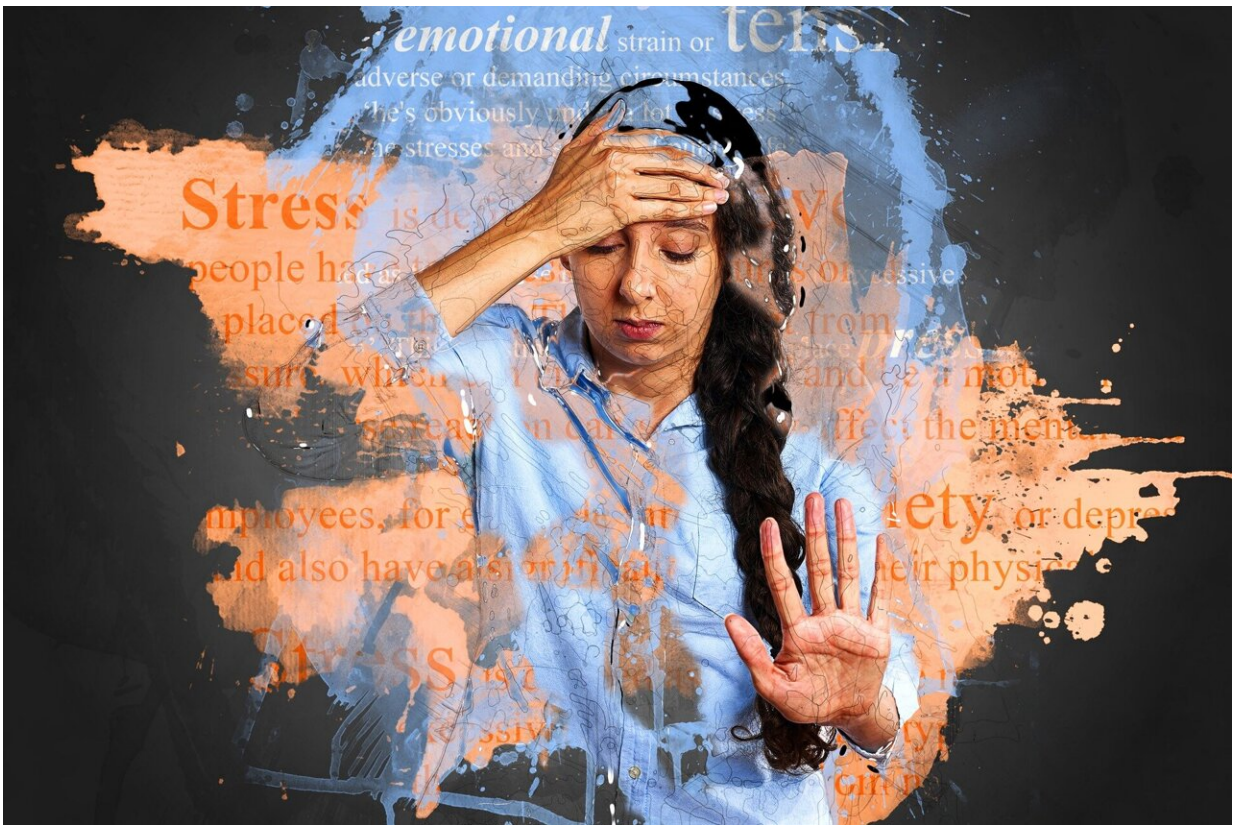


# Escape an anxiety attack with this 5-step 'grounding' technique

October 24 2022, by Abraham Gutman

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Ever had one of those moments when a stressful thought creeps into your mind and suddenly you can't think of anything else?

For some, anxiety is fleeting and part of everyday life. But for those with an [anxiety](#) disorder, persistent feelings of fear, dread or uneasiness about something in the future can be debilitating.

"Grounding" is a mindfulness technique that could quickly re-center your thoughts when you feel anxious.

These simple exercises can remind you that "I'm right here, right now. I am safe," said Kelly Gilrain, the director of psychological services and [behavioral medicine](#) at Cooper University Health Care.

They're not intended to replace professional help from a [therapist](#), but grounding exercises can be useful in a pinch.

This one, called the "5-4-3-2-1 strategy," relies on the five senses.

## Five

Identify five things you can see—anything around you.

## Four

Focus on four things you can feel, such as your soft sweater or a hard table.

## Three

Think about three things you can hear—[traffic](#), office chatter, a noisy heater.

## Two

What are two things you can smell?

**One**

Finally, focus on one thing that you can taste.

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