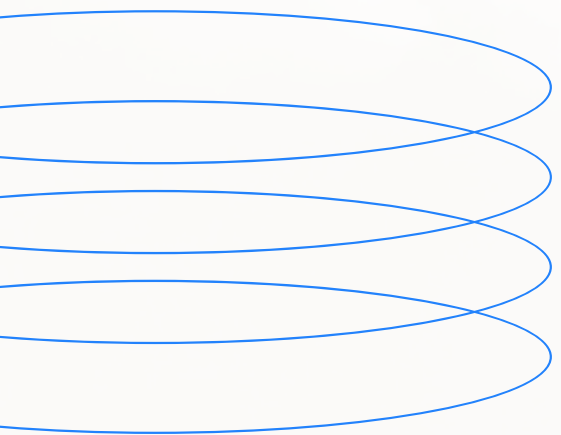
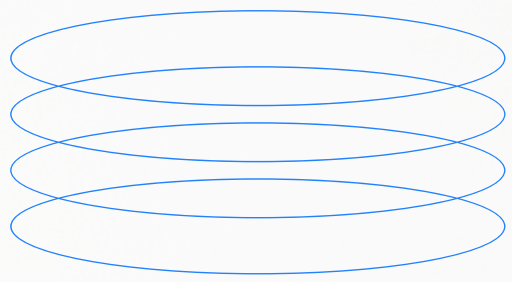


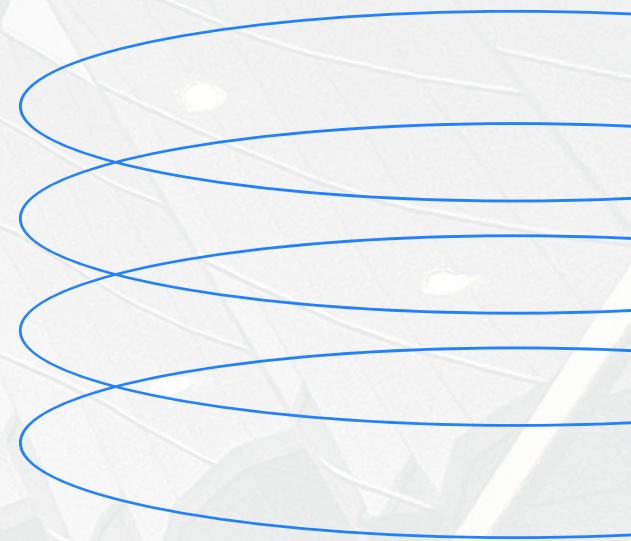
THE 5-4-3-2-1 GROUNDING TECHNIQUE *into Achievable Wins*

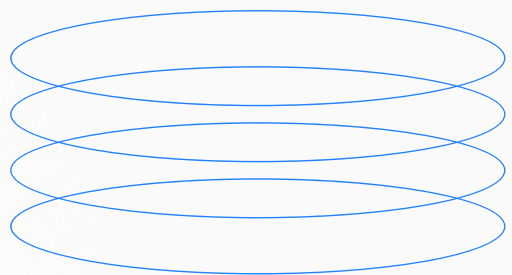




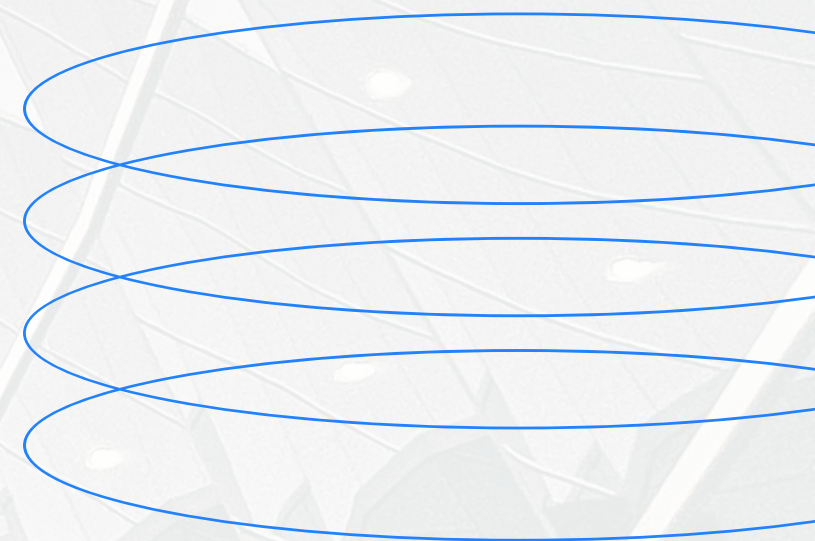
WELCOME TO LIFE HACK NO. 6

*The 5-4-3-2-1 Grounding
Technique*

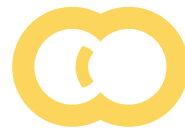




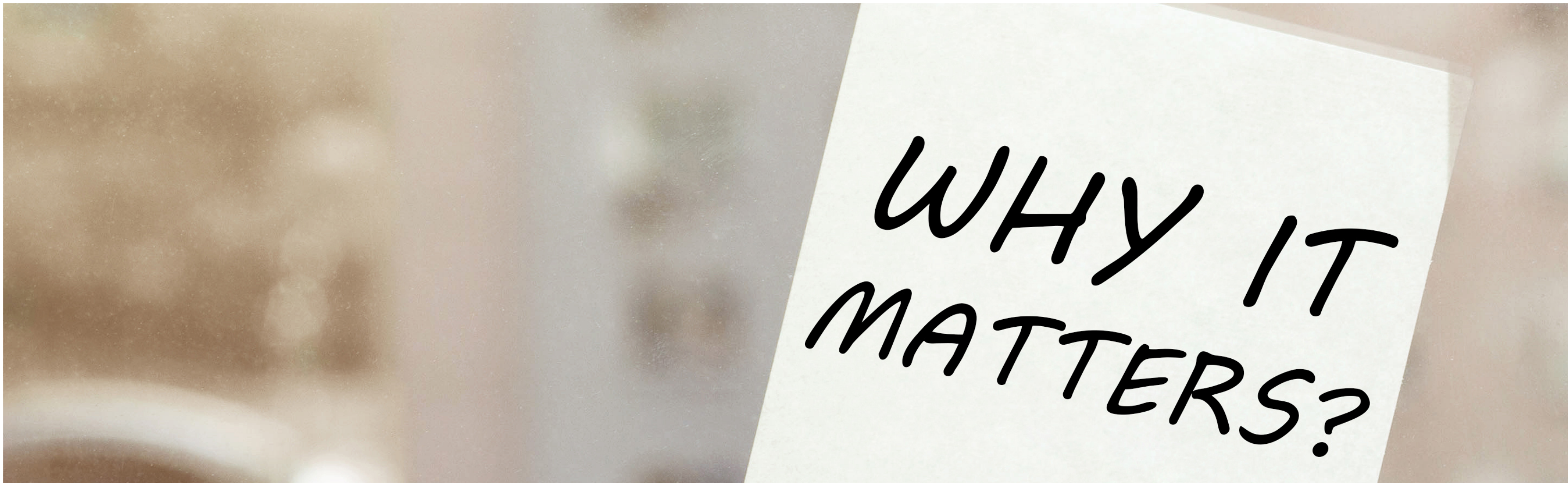
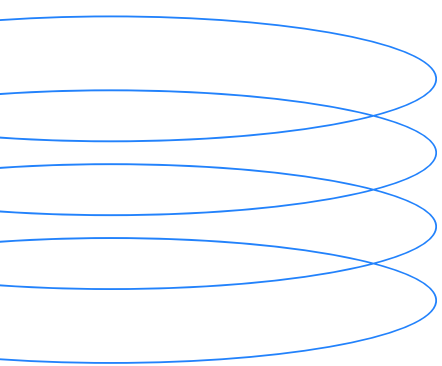
*A powerful mindfulness tool
to calm your mind and body
instantly.*

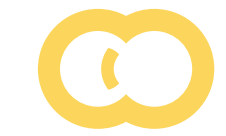
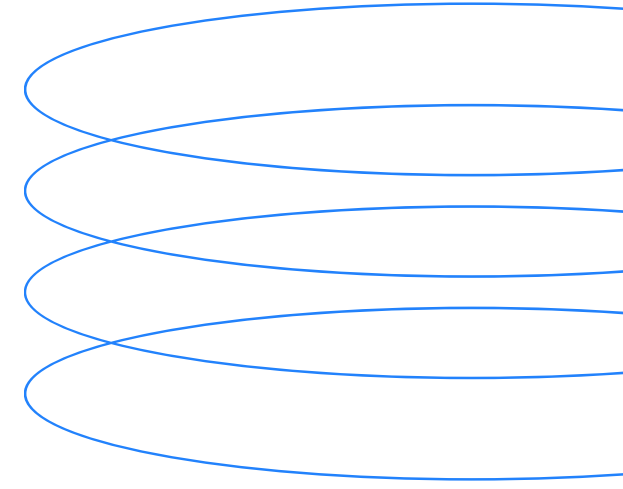


WHY THIS HACK WORKS



- Overthinking and stress pull us out of the present.
- Grounding brings focus back to the 'now.'
- Activates senses to interrupt anxious loops.





**Grounding is the
bridge from mind
to moment.**

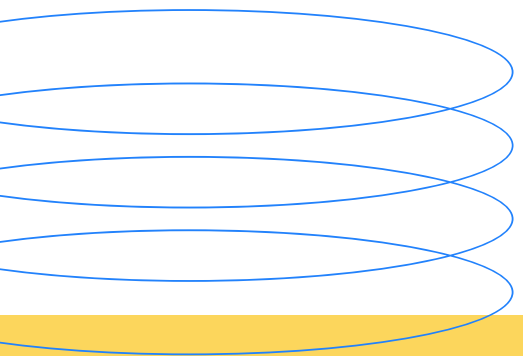


WHAT IS THE 5-4-3-2-1 TECHNIQUE?

- A sensory awareness exercise.
- Engages all five senses to center you.
- Simple, quick, and effective anywhere.



**Instead of “I’m so tired,” say “I
need to rest and recharge.”**



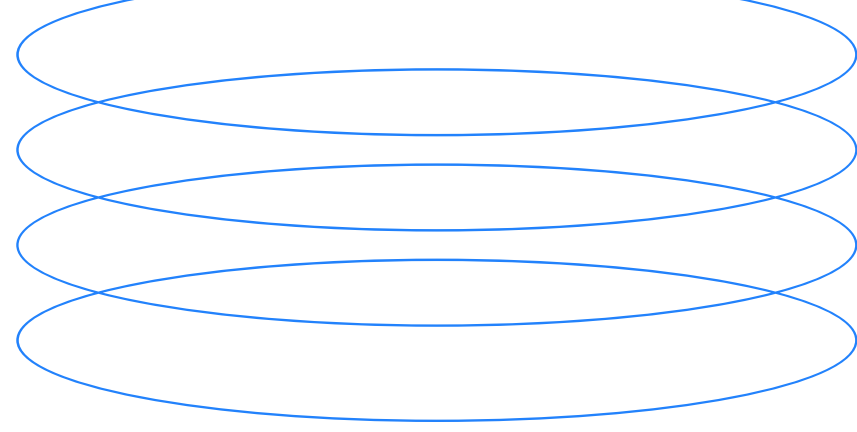
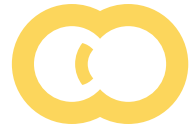


**Use your senses to
stay anchored in
life's storms.**



Step **FORMULA:**

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste



Step

STEP-BY-STEP INSTRUCTIONS

***“It’s a mental
reset button.”***

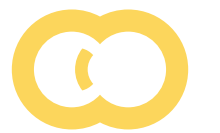


- ***Pause and take a deep breath.***
- ***Look around and name 5 things you can see.***
- ***Touch 4 objects around you and notice textures.***
- ***Listen for 3 different sounds.***
- ***Smell 2 scents (use your surroundings or imagination).***
- ***Notice 1 taste (gum, coffee, or just your mouth).***



Step

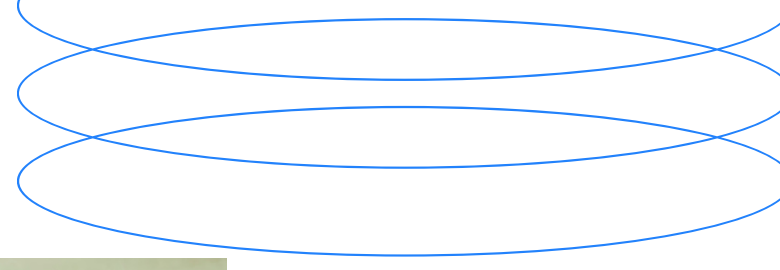
WHEN TO USE THIS HACK



**To start or end your
day mindfully**

**Before presentations or
exams**

**During stress or
anxiety attacks**



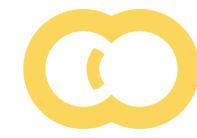
- ***Reduces anxiety instantly***
- ***Increases present-moment awareness***
- ***Calms racing thoughts***
- ***Builds emotional resilience***

Step ***BENEFITS OF GROUNDING***



Improves sleep and focus when done regularly.





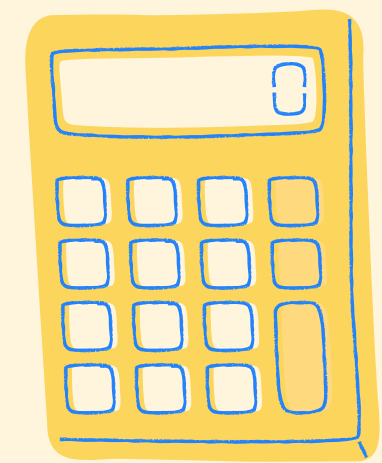
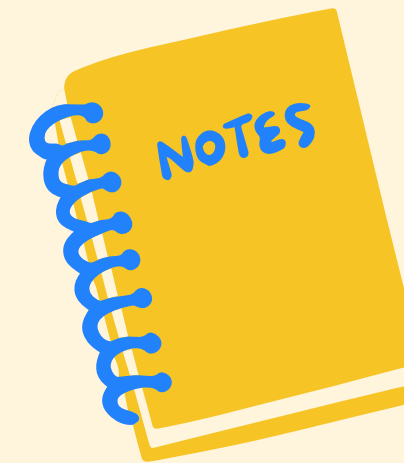
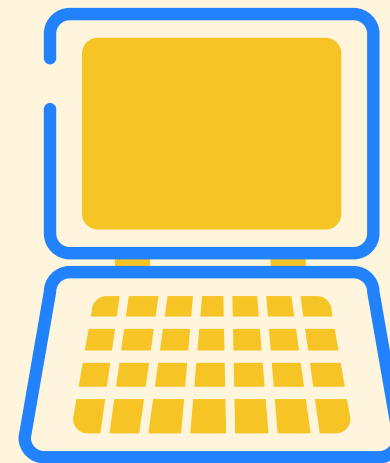
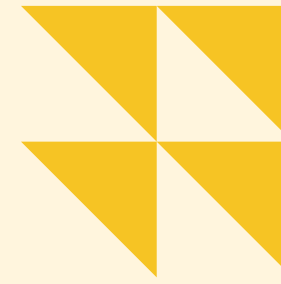
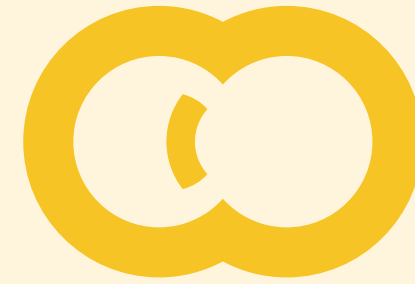
CONCLUSION

Reconnect to the Now

- Presence is power.
- Grounding shifts your energy from chaos to calm.
- The 5-4-3-2-1 Technique is a simple yet powerful reset.
- Use it anytime your mind feels scattered.
- Bring yourself back to peace through your senses.

- ***Try with music, nature, or aromatherapy***
- ***Combine with affirmations***
- ***Journal your experience afterward***

“I am here. I am safe. I am calm.”



YOUR TURN!



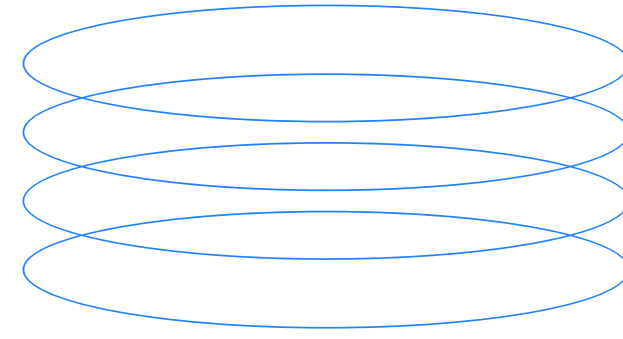
Try it daily for 7 days and note how you feel.

COMMON MISTAKES TO AVOID:

- ***RUSHING THROUGH THE STEPS***
- ***DOING IT ROBOTICALLY, WITHOUT FEELING***
- ***FORGETTING TO BREATHE DEEPLY DURING THE PROCESS***



THANK YOU & STAY CONNECTED!



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- Follow Us: @swasthyabykinjal on Instagram & YouTube

The 5-4-3-2-1 Grounding Technique

