



# Pause, Reset, Nourish:

## 5,4,3,2,1 Short Version

### WHEN TO USE

- This practice is helpful to get grounded, curb rumination, settle anxiety and move the mind and body into a more relaxed state

### CATEGORY

Body based grounding, relaxation and Settling the Mind

### THE SCIENCE BEHIND THIS PRACTICE

This practice promotes the intentional observation of the world through the senses, as human beings tend to get stuck in their thoughts, especially during times of stress. Focusing on one's body and senses can help re-regulate the body. It engages the parasympathetic nervous system, which is responsible for "Rest & Digest," meaning it settles the stress response.

### OVERVIEW

This practice utilizes grounding through the senses to help anchor in the present. It also uses counting backwards strategies, which can foster relaxation. It is a shorter variation of the 5,4,3,2,1 Standard Version technique

WHAT IS NEEDED	Less than a minute is required. Ideally, if you can find a quiet space, this can be helpful.
PAUSE	Take a full, deep breath allowing your attention to focus inward. Noticing what is here for you now in thoughts, emotions and body sensations. Are you noticing signs of anxiety, anger, restlessness, etc. or signs of apathy, detachment, numbing, etc.? If you are familiar with the Mental Health Continuum, is your internal experience reflective of the green, yellow, orange, or red zone?
RESET	Take a few moments to quietly whisper to yourself wherever you are: <b>5</b> things you see; i.e. "I see my shoes. I see..." <b>4</b> things you feel (body sensations); i.e. "I feel my hand on my lap. I feel..." <b>3</b> things you hear; i.e. "I hear the fan. I hear..." Repetition is okay. <b>2</b> things you smell; i.e. "I smell hand sanitizer. I smell..." <b>1</b> thing you taste; i.e. "I taste chocolate" (This is a good excuse to keep chocolate handy, if you can) Or if something to taste is not available remind yourself of one thing important to you.
NOURISH	Notice once again what is here for you now with curiosity and without judgement. You may wish to repeat the practice if you are still feeling agitated or disconnected. Take time to acknowledge the important work that you are doing and that you took a moment to reset and replenish yourself. This is good for you. This is good for others.
FURTHER RESOURCES/ REFERENCES	There are many examples of this technique on You Tube.

**NOTES/SPECIAL CONSIDERATION:**

If further support is needed please reach out to a trusted colleague, your manager, Resilience Support Team Member, The Peer Support Line, or EAP services.