



Pause, Reset, Nourish:

5,4,3,2,1 Standard 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.

WHAT IS NEEDED	Ideally a few minutes are needed in a quiet space.
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	In stillness say out low in a low, monotone voice: 5 things you see; i.e. “I see my shoes. I see...” 5 things you hear; i.e. “I hear the fan. I hear...” Repetition is okay. 5 things you feel; (body sensations) i.e. “I feel my hand on my lap. I feel...” Next labeling 4 things you see, hear, and feel in the same manner as above; and then repeating with 3 things you see, hear, and feel; 2, and finally, one.
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.

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.