

This handout provides a simple yet effective tool for managing escalating emotions and refocusing attention. Regular practice can help both service providers and Veterans build confidence in their ability to navigate these tense situations and foster calmer, more constructive interactions.

## Grounding practice: 5, 4, 3, 2, 1 countdown

This exercise will help you to bring some or all of your senses into the present moment. Take a calming breath between each item you see, touch, hear, smell or taste. Feel free to create your own list or use some of the following items as a guide.



**5** things you can see

*clouds in the sky, trees, birds, a specific colour around you, your hands*



**4** things you can touch or feel

*a table, the ground, the sun on your skin, a pet's soft fur*



**3** things you can hear

*laughter, cars going by, your own breathing*



**2** things you can smell

*fresh cut grass, a candle*



**1** thing you can taste

*a cup of tea*

FIND MORE INFORMATION AND RESOURCES ON PROBLEMATIC ANGER:

[atlasveterans.ca/problematic-anger](https://atlasveterans.ca/problematic-anger)

