

# SPRINT PROJECT TIPS FOR GROUNDING

## How to use the 5-4-3-2-1 technique



Slow down & become aware of your senses.  
What are:

**5**



Things you can SEE

**4**



Things you can FEEL

**3**



Things you can HEAR

**2**



Things you can SMELL

**1**



Thing you can TASTE?

[sprintproject.org/toolkit](https://sprintproject.org/toolkit)

#MSTtoolkit #MST4Life