



| Skills Diary Card | | | | | | | |
|------------------------------|-----|------|-----|-------|-----|-----|-----|
| Core Mindfulness Skill | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
| Wise Mind Using 5-4-3-2-1 | | | | | | | |

Grounding exercise: 5-4-3-2-1

I see: 5 things then, 4 3 2 1

I hear: 5 sounds then, 4 3 2 1

I feel (physically): 5 touch/sense then, 4 3 2 1

Tips for using the skill:

- Find a private place of quiet
- Position yourself comfortably
- Remind yourself of the present date
- Take a deep breath before you begin
- Start with five things that you see, hear and physically feel, then four things that you see, hear and physically feel, etc.
- Allow any thoughts/images to float through
- Return to the moment, again, and again, and again