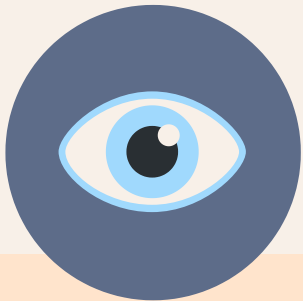


5-4-3-2-1 Grounding Technique

FEELING ANXIOUS? THIS GROUNDING EXERCISE CAN HELP TO CALM ANXIOUS THOUGHTS AND KEEP YOU FOCUSED AND MINDFUL IN YOUR ENVIRONMENT.

TIPS:

- BEGIN THIS EXERCISE WITH ONE OR TWO DEEP, CLEANSING BREATHS.
- IF YOU EXPERIENCE A SENSORY IMPAIRMENT OR SENSITIVITY, SUBSTITUTE THE ITEMS ON THIS LIST WITH A FAVORITE MEMORY OR EXPRESSION OF GRATITUDE.
- END THIS EXERCISE WITH ANOTHER ONE OR TWO DEEP BREATHS.



SEE

NAME 5
THINGS YOU
CAN SEE
AROUND YOU



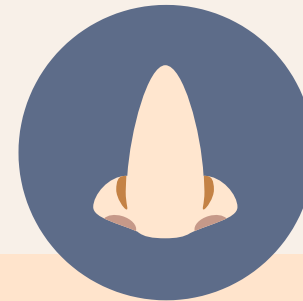
TOUCH

NAME 4
THINGS YOU
CAN
TOUCH/FEEL
AROUND YOU.



HEAR

NAME 3
THINGS YOU
CAN HEAR
AROUND YOU.



SMELL

NAME 2
THINGS YOU
CAN SMELL
AROUND YOU.



TASTE

NAME 1 THING
YOU CAN
TASTE
AROUND YOU.