



5-4-3-2-1

GROUNDING

If you notice yourself feeling anxious – getting pulled into the past or worrying about the future – try this simple grounding technique to help bring your awareness back into the present moment and back into your body.

SIMPLY NAME...

- 5 Things you can SEE
 - 4 Things you can FEEL
 - 3 Things you can HEAR
 - 2 Things you can SMELL
 - 1 Things you can TASTE
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