

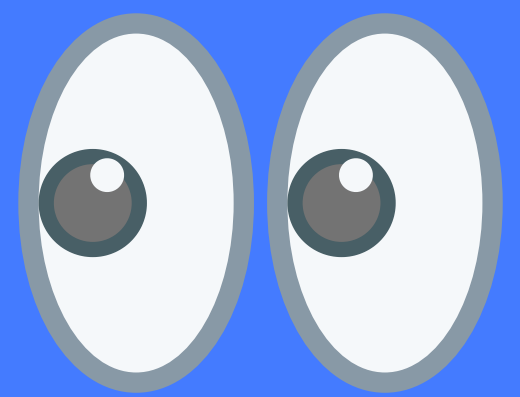
The

5-4-3-2-1

Grounding Technique

During moments of stress and anxiety this grounding technique can help calm the body.

5 THINGS YOU SEE



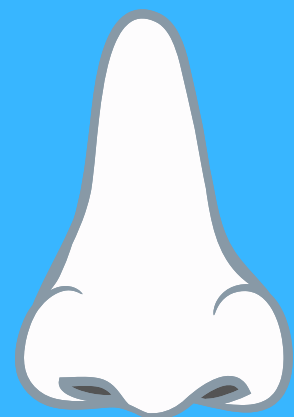
4 THINGS YOU FEEL



3 THINGS YOU HEAR



2 THINGS YOU SMELL



1 THING YOU TASTE

