



Grounding Through Anxiety

Right now, I can see:

Right now, I can hear:

Right now, I can feel:

My breathing:

Fast Shallow Steady

Other: _____

What I need in this moment:

A quiet space Fresh air Water
 Slow breathing Someone I trust

Other: _____

A Reminder to Myself:

**This feeling is intense, but I can focus on
this moment rather than everything at once.
I can take things one moment at a time.**