

3X GROUNDING TECHNIQUE

PICK 3 THINGS YOU CAN
SEE IN YOUR
ENVIRONMENT THAT ARE
DIFFERENT IN SIZE AND
DISTANCE.

GO TO THE FIRST OBJECT
AND TELL YOURSELF
WHAT IS. BREATHE

GO TO THE SECOND OBJECT
AND TELL YOURSELF
WHAT IS. BREATHE

GO TO THE THIRD OBJECT
AND TELL YOURSELF
WHAT IS. BREATHE

