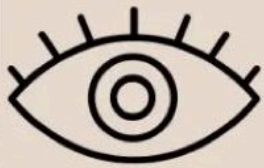


5 - 4 - 3 - 2 - 1

GROUNDING TECHNIQUE

A calming technique that connects you with the present by exploring the five senses.



5 things
you can
see



4 things
you can
touch



3

things
you can
hear



2

things
you can
smell



1

thing
you can
taste