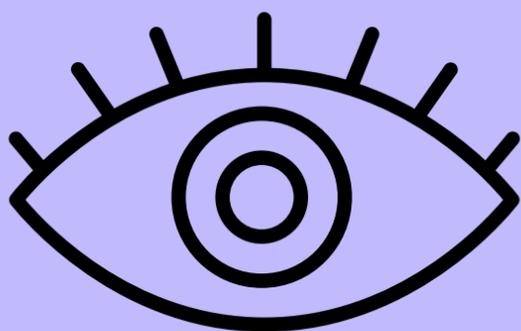


5 - 4 - 3 - 2 - 1 GROUNDING TECHNIQUE

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



5

things you can see



4

things you can touch



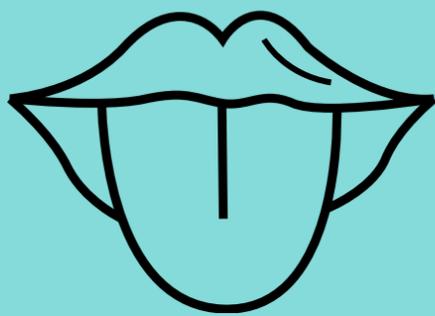
3

things you can hear



2

things you can smell



1

thing you can taste