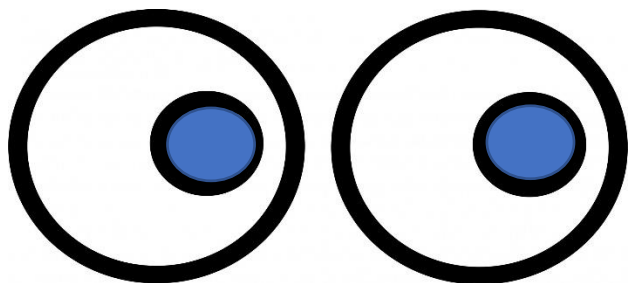




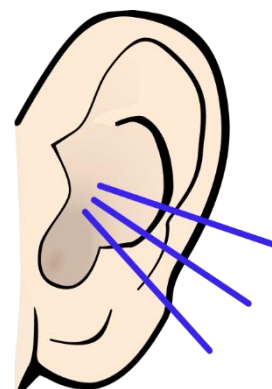
## Grounding (5 senses)

What we focus on gets bigger in our perception. So a focus on anxiety makes it bigger. Grounding can be an effective relaxation method. Focus on each neutral item slowly, really take it and what it makes you think or feel.



**5 THINGS YOU CAN SEE**

**4 THINGS YOU CAN HEAR**



**3 THINGS YOU CAN TOUCH**

**2 THINGS YOU CAN SMELL**



**1 THING YOU CAN TASTE**