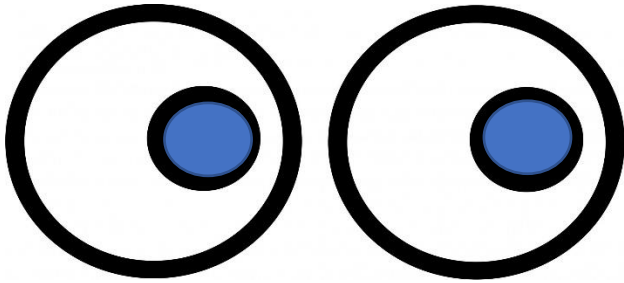


Grounding (5 senses)

What we focus on gets bigger in our perception. A focus on anxiety makes it bigger but so does a focus on neutral things. Focus on each sense slowly, really take it and what it makes you think or feel.

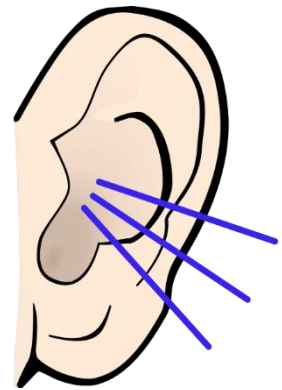


PROGRESS
PSYCHOTHERAPY



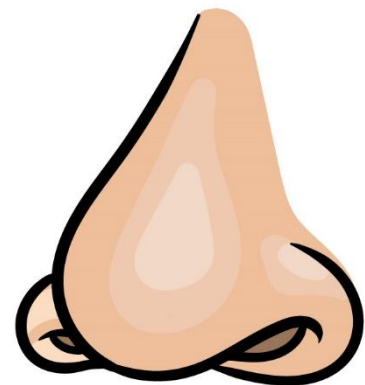
5 things you can see

4 things you can hear



3 things you can touch

2 things you can smell



1 thing you can taste