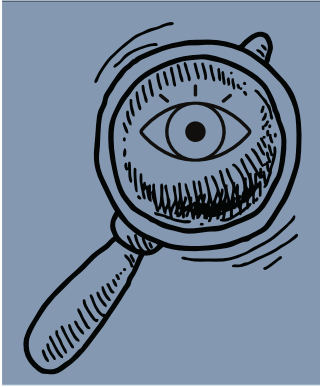


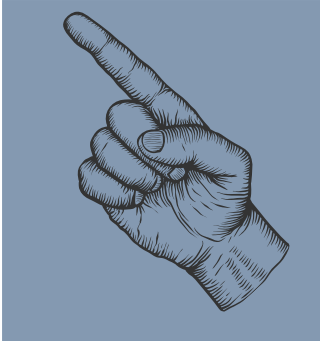
GROUND YOURSELF IN THE MOMENT

When you or your loved one is feeling anxious, ground yourself in the present moment by focusing on your senses. Using a countdown from five, list the things you sense around you to help



WHAT ARE FIVE THINGS YOU CAN SEE?

1.
2.
3.
4.
5.



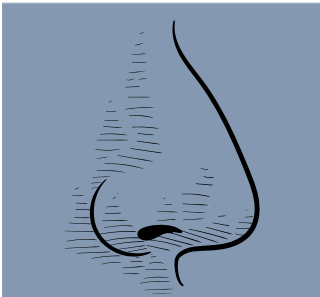
WHAT ARE FOUR THINGS YOU CAN TOUCH?

1.
2.
3.
4.



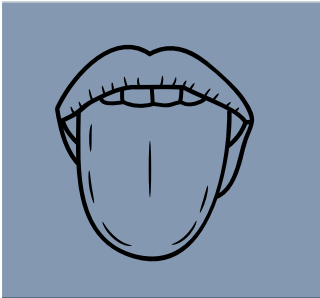
WHAT ARE THREE THINGS YOU CAN HEAR?

1.
2.
3.



WHAT ARE TWO THINGS YOU CAN SMELL?

1.
2.



WHAT IS ONE THING YOU CAN TASTE?

1.

*Original Source Unknown