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



*Original Source Unknown

PAVE

PAVE's policy is to offer support, information, and training to families, professionals, and those interested in various topics. Please note that PAVE is not a legal services agency and cannot provide legal advice or representation. The information is not intended for legal counsel and should not be used as a substitute for legal advice.