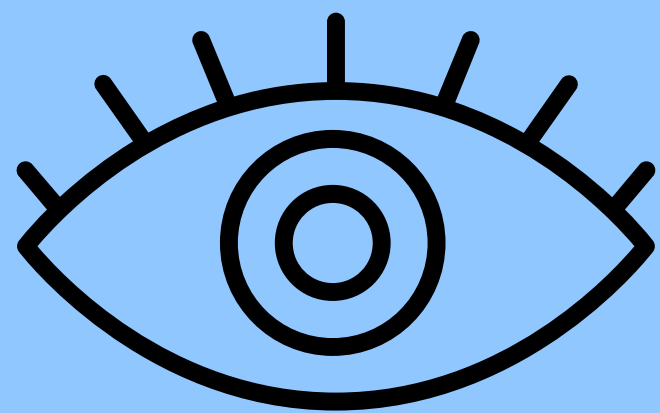


5 - 4 - 3 - 2 - 1

GROUNDING TECHNIQUE

A calming technique that connects you with the present by exploring the five senses - This can help you when struggling with anxiety, stress and panic attacks.



5

things
you can
see



4

things
you can
touch



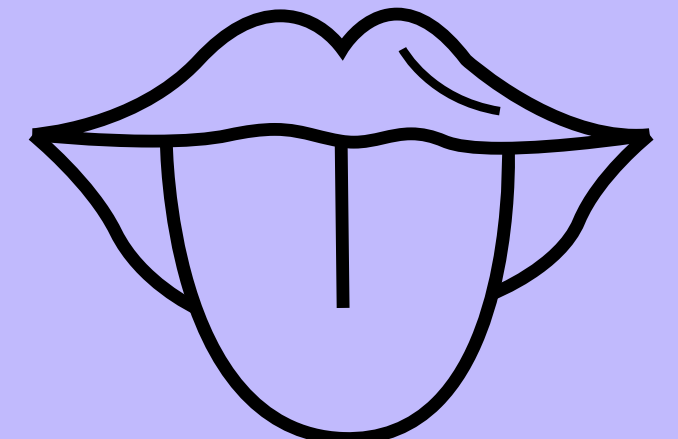
3

things
you can
hear



2

things
you can
smell



1

thing
you can
taste