

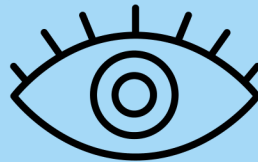
5 - 4 - 3 - 2 - 1

Grounding technique

A calming technique that connects you with the present by exploring the five senses.

5

5 things you can see



4

4 things you can touch



3

3 things you can hear



2

2 things you can smell



1

1 thing you can taste

