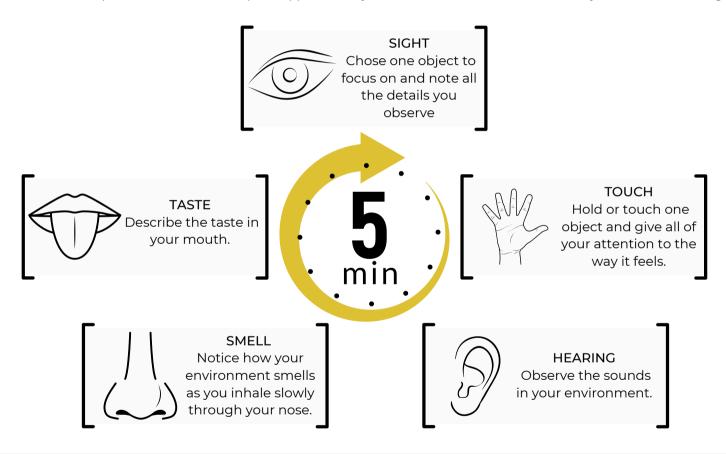
5 SENSES GROUNDING TECHNIQUE

How to Use 5 Senses Grounding:

When you start to feel anxious, pause for five minutes. Spend approximately one minute of awareness on each of your five senses, using these prompts:





Find more resources at www.WorkingOnCalm.com Or follow on social media @WorkingOnCalm