

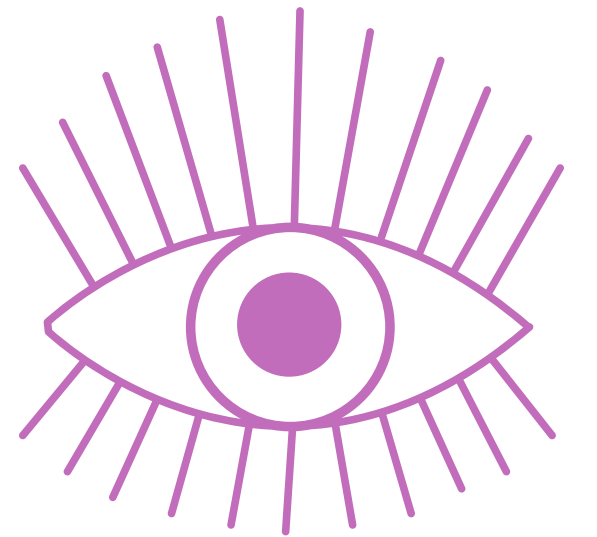


Stay Grounded

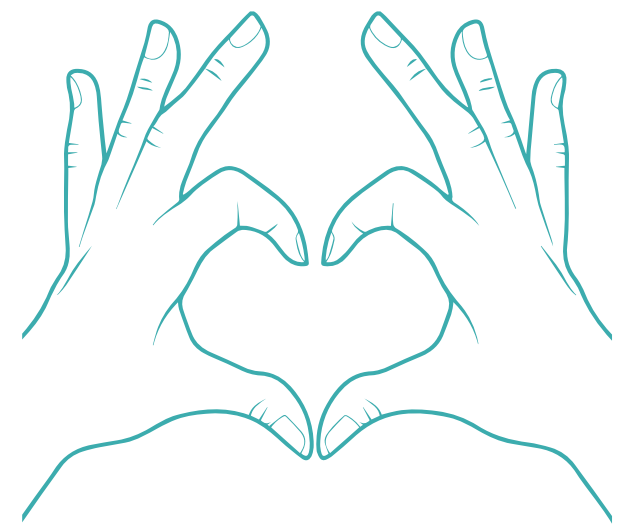
Use this calming exercise the next time you feel overwhelmed with emotions, anxious or a little out of sorts.

Look around you. Identify = name

5 things you can SEE



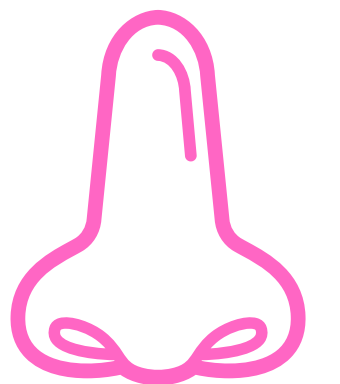
4 things you can FEEL



3 things you can HEAR



2 things you can SMELL



1 thing you can TASTE

