

PREVENT ANXIETY

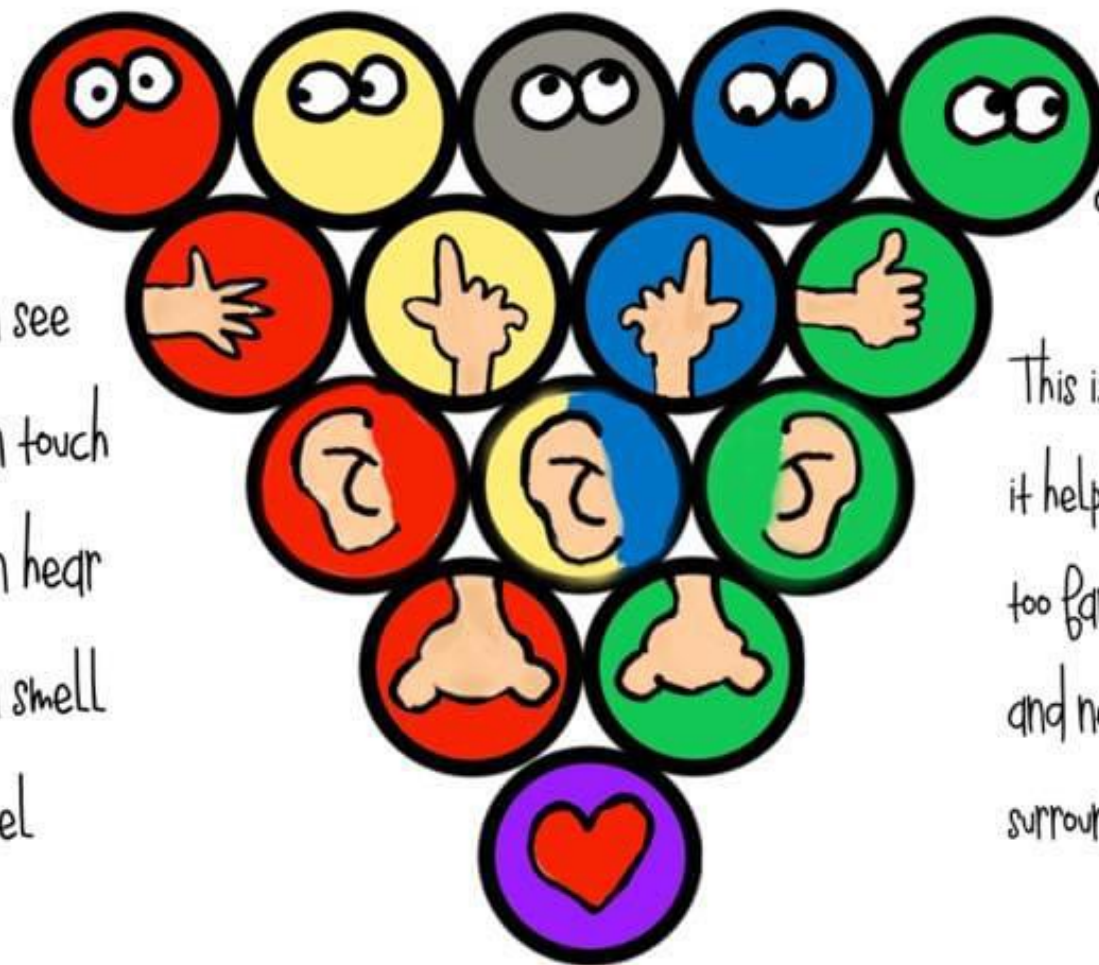


breath in through your nose

SLOWLY LOOK AROUND AND FIND



out through your mouth



- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 Emotion you feel

This is **GROUNDING**
it helps when you have gone
too far in your head
and need control of your
surroundings

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