

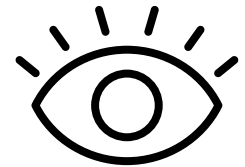
GROUNDING TECHNIQUE

When you want to become more mindful, use your five senses to help ground you in the present moment.

5

Things you can

SEE



4

Things you can

FEEL



3

Things you can

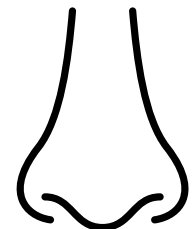
HEAR



2

Things you can

SMELL



1

Thing you can

TASTE

