

Grounding Technique

Look and name 5 things you can see
Find and feel 4 things you can touch
Listen and identify 3 things you can hear
Breathe and notice 2 things you can smell
Find 1 thing you can taste



Grounding Technique

Look and name 5 things you can see
Find and feel 4 things you can touch
Listen and identify 3 things you can hear
Breathe and notice 2 things you can smell
Find 1 thing you can taste



Grounding Technique

Look and name 5 things you can see
Find and feel 4 things you can touch
Listen and identify 3 things you can hear
Breathe and notice 2 things you can smell
Find 1 thing you can taste



Grounding Technique

Look and name 5 things you can see
Find and feel 4 things you can touch
Listen and identify 3 things you can hear
Breathe and notice 2 things you can smell
Find 1 thing you can taste

