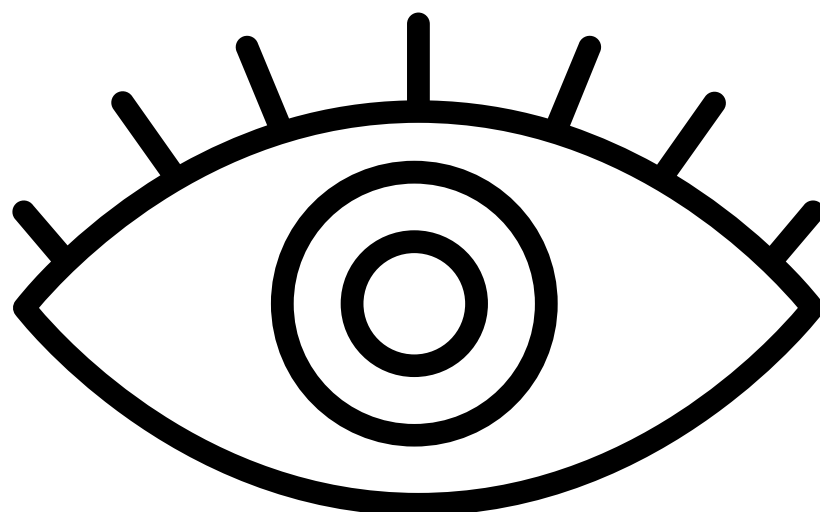


ANXIETY GROUNDING TECHNIQUE

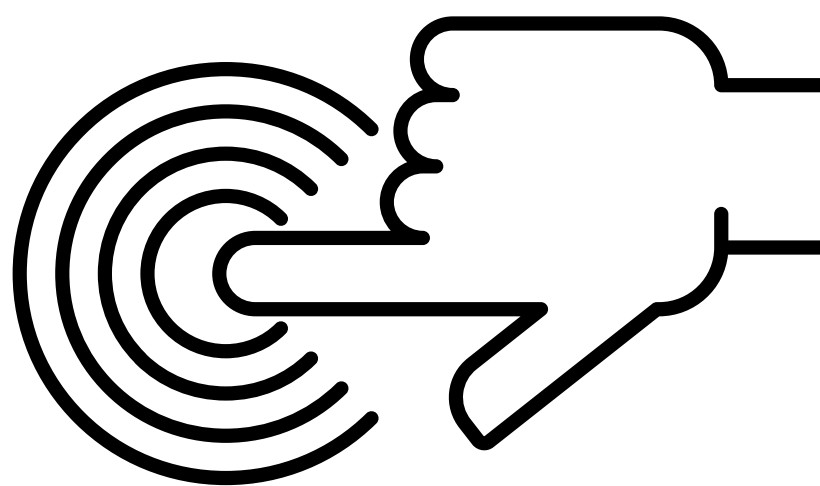
Focus on your breathing, then identify:

5



Things
you can
SEE

4



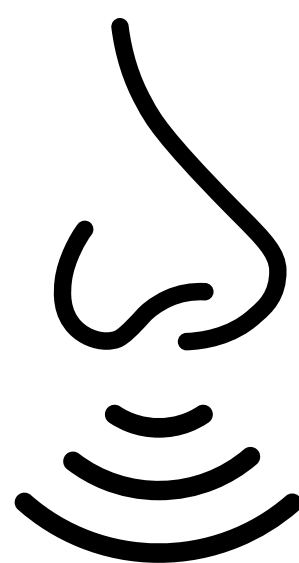
Things
you can
TOUCH

3



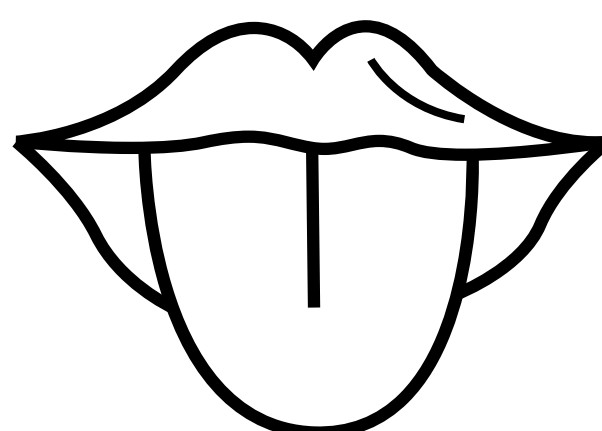
Things
you can
HEAR

2



Things
you can
HEAR

1



Thing
you can
TASTE

For more resources visit: work2bewell.org & @work2bewell

