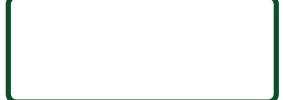
Anxiety Grounding Technique

Instructions: Sitting or standing, take a deep breath in, and complete the following questions.



5 things you can see







4 things you can touch





3 things you can hear





2

2 things you can smell





1

1 thing you can taste

