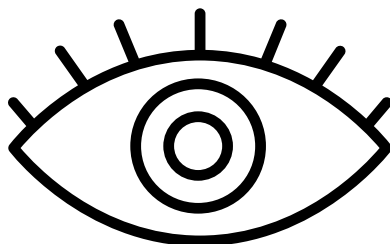


# ANXIETY GROUNDING TECHNIQUE

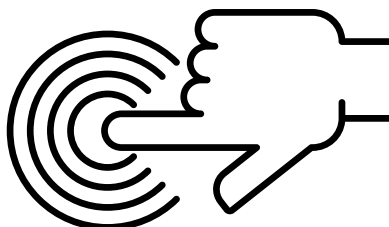
Focus on your breathing, then identify:

5



Things  
you can  
SEE

4



Things  
you can  
TOUCH

3



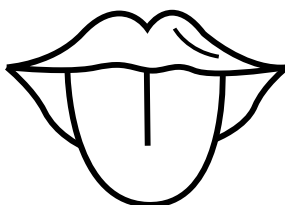
Things  
you can  
HEAR

2



Things  
you can  
SMELL

1



Thing  
you can  
TASTE