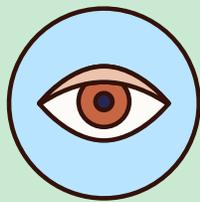


5 - 4 - 3 - 2 - 1

GROUNDING TECHNIQUE

This grounding technique is a simple, yet powerful tool to help you find calm and reconnect with the present.



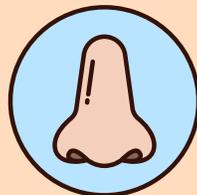
5 things
you can
see



4 things
you can
touch



3
things
you can
hear



2
things
you can
smell



1
thing
you can
taste



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