GROUNDING TECHNIQUE

A calming technique that connects you with the present by exploring the five senses.

5

THINGS YOU CAN
SEE



4

THINGS YOU CAN
TOUCH



3

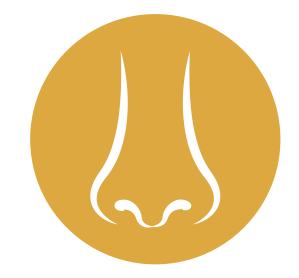
THINGS YOU CAN HEAR



2

THINGS YOU CAN

SMELL



THING YOU CAN
TASTE

