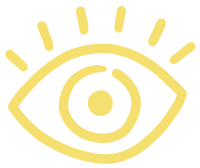


grounding exercise

When you are feeling anxious, it is helpful to ground yourself. Once you have calm, even breathing, look around and focus on; FIVE things you can see, FOUR things you can touch, THREE things you can hear, TWO things you can smell, and ONE thing you can taste. Use the circles as places to check, place your finger, or just keep track.



Five empty gray circles arranged in a horizontal row, corresponding to the five senses of sight.



Four empty gray circles arranged in a horizontal row, corresponding to the four senses of touch.



Three empty gray circles arranged in a horizontal row, corresponding to the three senses of hearing.



Two empty gray circles arranged in a horizontal row, corresponding to the two senses of smell.



One empty gray circle, corresponding to the one sense of taste.

