

WHEN YOU FEEL YOURSELF GETTING ANXIOUS, CHEST TIGHTENING OR SHALLOW BREATHING, TRY THE

5-4-3-2-1 GROUNDING EXERCISE



5 - List 5 objects that you can see



4 - Touch 4 objects nearby and note their texture



3 - Notice 3 sounds around you



2 - Notice 2 smells



1- Notice 1 taste or say 1 positive affirmation

REPEAT WHILE TAKING DEEP BREATHS
UNTIL YOU ARE ABLE TO RELAX.