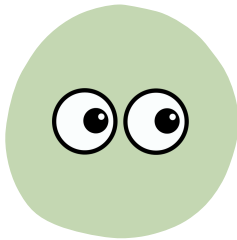


5 4 3 2 1

Grounding

Practice Naming out loud or in your head in order the following things when you feel sad, scared, mad, anxious, or overwhelmed.



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