

5 SENSES GROUNDING

Pay attention to your breathing. Take slow, deep breaths.

Once you find your breath, go through the following steps, paying attention to the small details often overlooked.

5 Notice five things you **SEE** around you.

4 Notice four things you can **TOUCH** around you.

3 Notice three things you **HEAR**.

2 Notice two things you **SMELL**.

1 Notice one thing you **TASTE**.