

## How to practice grounding

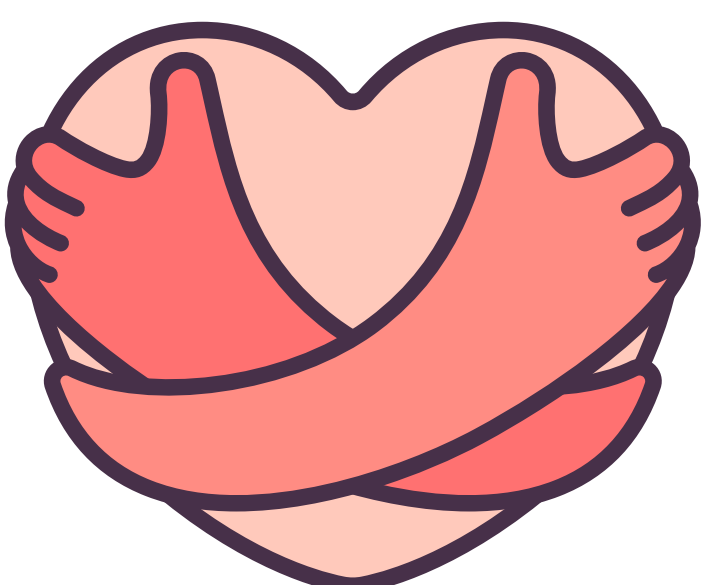


### 5-4-3-2-1 Senses

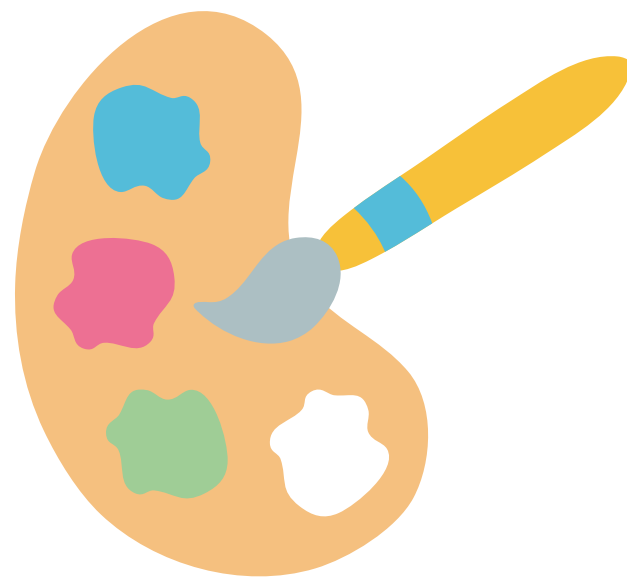
- 5 things you see
- 4 things you hear
- 3 things you smell
- 2 things you can touch
- 1 thing you taste



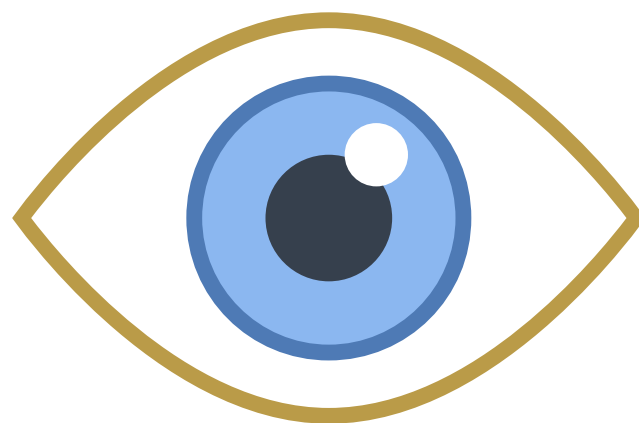
Stomp Stomp Blow  
Stomp your feet twice  
then exhale. Repeat



Give yourself a hug



Be creative



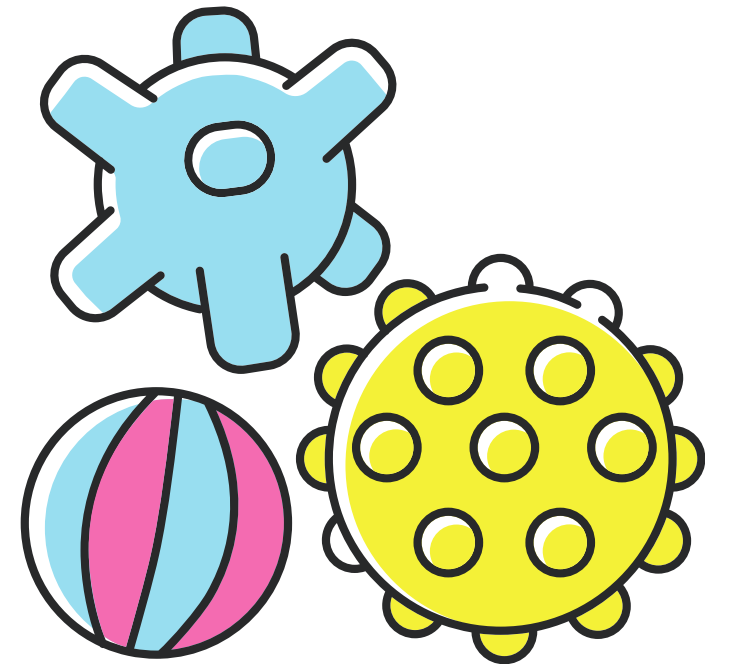
### 5-4-3-2-1 Sights

- 5 colors I see
- 4 shapes I see
- 3 soft things I see
- 2 people I see
- 1 book I see

## breathe

Practice some breathing  
exercises

Object focus



Draw around your  
hands, connect your  
hand to the paper



Be a tree and allow  
yourself to grow



Listen to your  
heart beat and  
count to 100