

# Stay Grounded Using Your 5 Senses

Relax Your Body, Take a Few Deep Breaths and Focus on the Following...

5

Things You Can See



4

Things You Can Feel



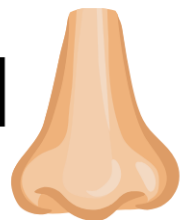
3

Things You Can Hear



2

Things You Can Smell



1

Thing You Can Taste

