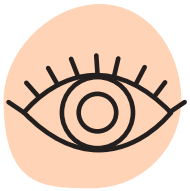


Grounding

5-4-3-2-1 Grounding Activity

First, put your hands on your stomach. Take 3 breaths from deep down in your belly (imagine your stomach is a balloon you're blowing up & deflating). Then, in your mind, calmly think about and say in your head...



5 **5 things you can SEE**



4 **4 things you can TOUCH**



3 **3 things you can HEAR**



2 **2 things you can SMELL or TASTE**



1 **1 positive thing about yourself**

Then take 1 more deep breath from your stomach and on your exhale remind yourself that you are safe. Remember that thoughts are just thoughts- you don't have to follow them, analyze them, or believe them!