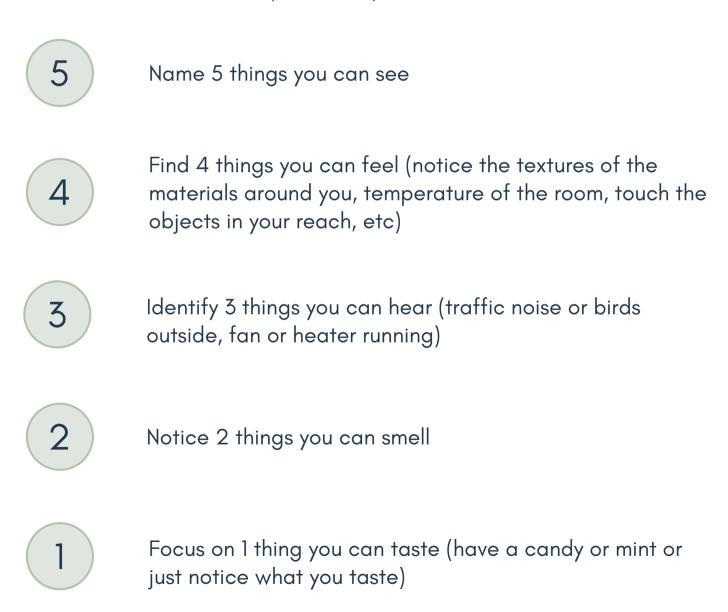
G R O U N D I N G E X E R C I S E 5 - 4 - 3 - 2 - 1

This simple grounding exercise is useful when you feel activated, anxious, panicky, or detached.

ENGAGE YOUR SENSES

Look around you, what do you see, feel, hear, smell?



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