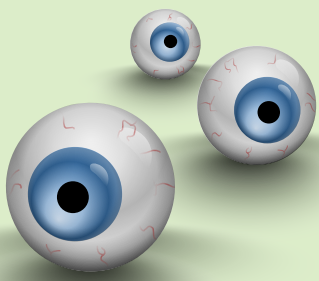


GROUNDING TECHNIQUES TO MANAGE FEELINGS OF ANXIETY

BRING YOURSELF BACK FROM A PANIC STATE BY USING YOUR SENSES TO RECONNECT WITH YOUR "THINKING BRAIN"

FOCUS ON THESE - STARTING WITH 5 THINGS YOU CAN SEE ...



5 X THINGS YOU CAN SEE



4 X THINGS YOU CAN FEEL



3 X THINGS YOU CAN HEAR



2 X THINGS YOU CAN SMELL



1 X THING YOU CAN TASTE