

3

BREATHING AND GROUNDING TECHNIQUES

5-4-3-2-1



5 THINGS YOU CAN SEE



4 THINGS YOU CAN TOUCH



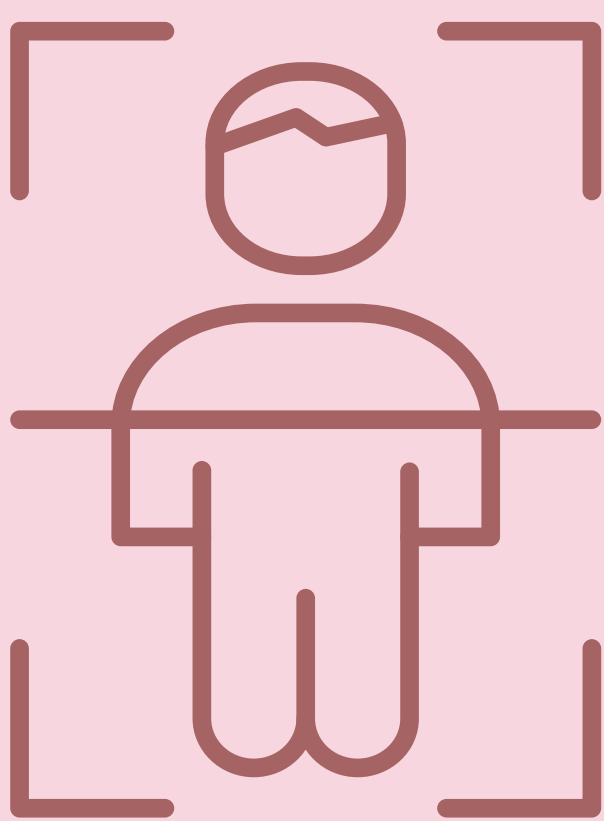
3 THINGS YOU CAN HEAR



2 THINGS YOU CAN SMELL



1 THING YOU CAN TASTE



Focus your attention on different parts of your body and notice the sensations as you move through each one.

Clench and relax each muscle in turn noticing any part of the body that feels tense

BODY SCAN

5 - FINGER BREATHING

Trace each finger with your pointer finger. Take a deep breath in as you go up each finger and exhale as you go down each finger.

