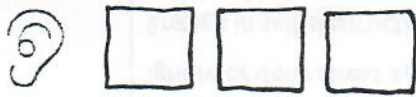


5 4 3 2 1 Grounding Exercise



BODY

- Lay down
Press into the ground
- Feet/heels
 - Calves
 - Butt
 - Shoulders
 - Head

SENSES

- Look at picture/scenery
- Wear favorite clothing
- Listen to relaxing music
- Light candle
- Drink herbal tea

SELF-SOOTHE

- Take a shower/bath
- Use grounding object
- Massage feet
- Color/paint

OBSERVE

- Sketch
- Journal

BREATHE

- Make it routine
- Inhale - count UP to 7
- Hold - count to 2
- Exhale - count from 7 down to 1

DISTRACT

- Eye spy game
- Count by 7's
- Name months, days, letters