

# Grounding Yourself With Your 5 Senses



Look around the space you are in and find:

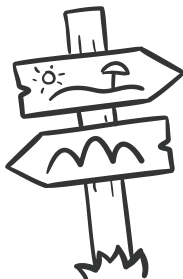
5 THINGS YOU CAN SEE

4 THINGS YOU CAN HEAR

3 THINGS YOU CAN FEEL

2 THINGS YOU CAN SMELL

1 THING YOU CAN TASTE



As an alternative to your present space, close your eyes and think of your favorite happy place.

Engage your senses and imagine the things that you would see, hear, touch, smell and taste while visiting there.

Think of/move to another space and repeat as needed.

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