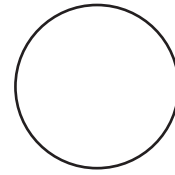
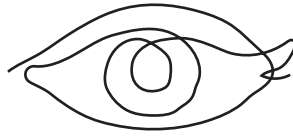
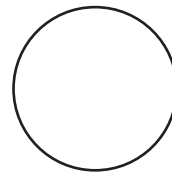


Grounding with Senses
- Identify one thing you can;

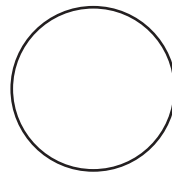
SEE



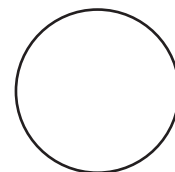
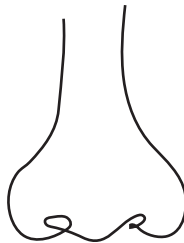
TOUCH



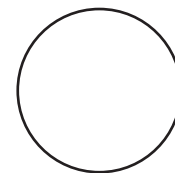
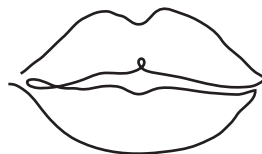
HEAR



SMELL



TASTE



This activity utilizes the senses to ground yourself in the present moment, fostering mindfulness and helping to redirect attention away from anxious or distracting thoughts.