

COPING SKILL

GROUNDING TECHNIQUE

Go through each of the 5 senses ~ To help remind of the present

First: Take a deep belly breath to begin.

 **5** LOOK around and SAY 5 things you can SEE

4 Focus on your Body and SAY 4 things you can FEEL



 **3** LISTEN and SAY 3 sounds you HEAR

2 SAY 2 things you can SMELL (or 2 of your favorite smells)



 **1** SAY 1 thing you can TASTE

Finally: Take another deep breath