

GROUNDING

I may suddenly feel very anxious.
This is called a panic attack.



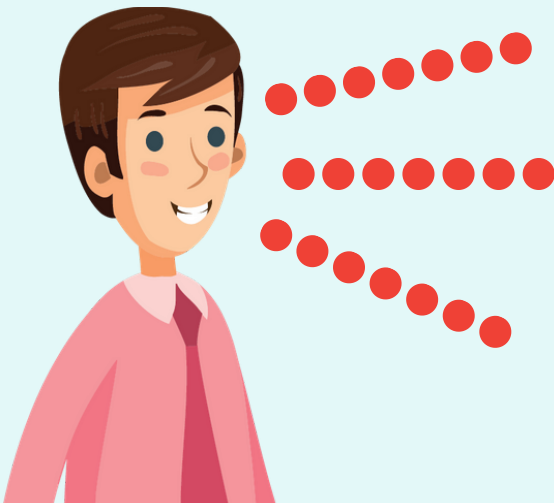
Panic attacks can be scary.
I may feel like I can't breathe.



When I feel very anxious, I can use
grounding techniques to calm down.



I can take a look around me and
remind myself that I'm safe.



I can take slow, deep breaths
in through my nose and out
my mouth.



I can focus on my 5 senses and
name 5 things I see.



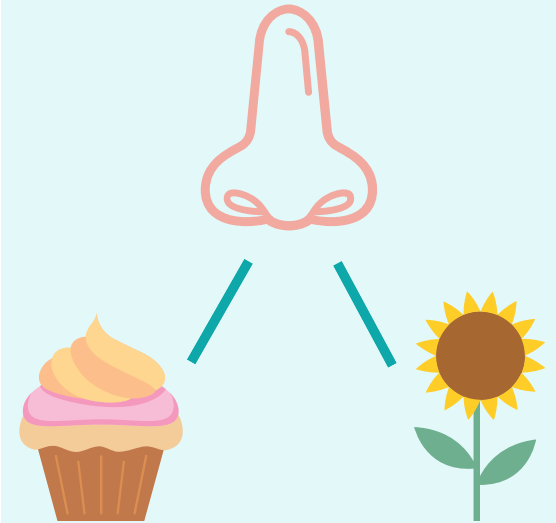
I can name 4 things I can feel.



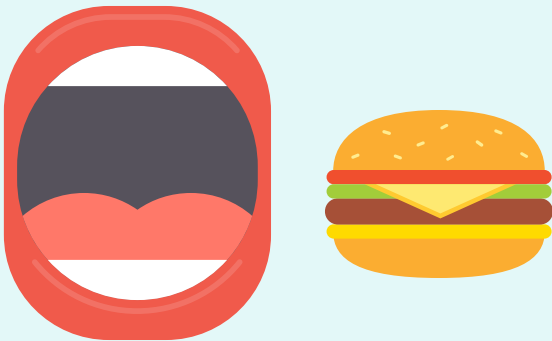
I can name 3 things I can hear.



I can name 2 things I smell.



I can name one thing I can taste.



I can also think of a calm place in my mind.



I can keep doing these things until I feel calm and relaxed.

