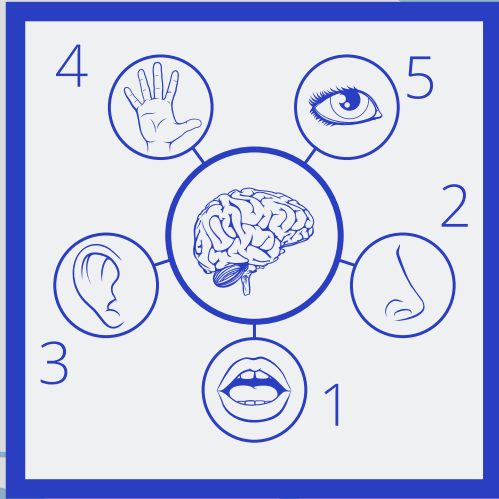
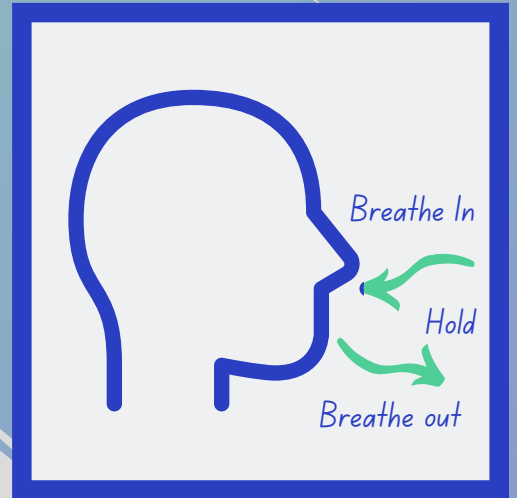


Grounding Techniques

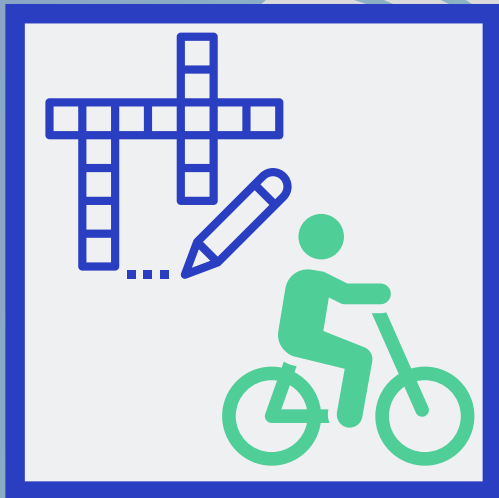
Use
your
senses



Breathe in, hold, breathe out



Distract
yourself



Run your
hands
under
cold
water

Take a
big sigh
and
repeat ...



Right here,
right now,
I'm okay



And remember !!