



5 • 4 • 3 • 2 • 1

CALM YOUR BODY

A grounding technique to help shift your focus when you feel overwhelmed



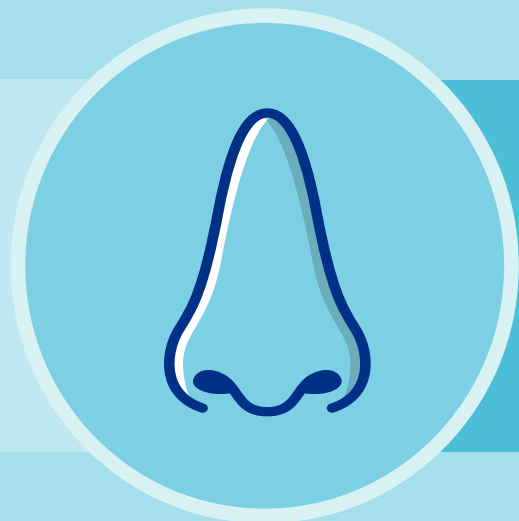
5 things you can see
Look around, what do you see?



4 things you can touch
Reach out your hand, what do you feel?



3 things you can hear
Listen close, what do you hear?



2 things you can smell
Take a deep breath, what do you smell?



1 thing you can taste
Focus on your mouth, what do you taste?



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