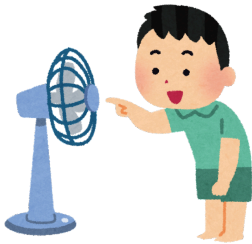


Grounding Exercises

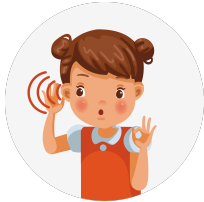
When we are grieving, our emotions can sometimes feel overwhelming. In those moments, grounding techniques can help calm both the mind and body. Here are some simple practices to try.



Name 5 things you can see



Name 4 things you can feel



Name 3 things you can hear



Name 2 things you can smell



Name 1 thing you can taste

