

The 5-4-3-2-1 Grounding Technique
ease your mind in moments of stress



How to get grounded
when feeling triggered



Plant your Feet.

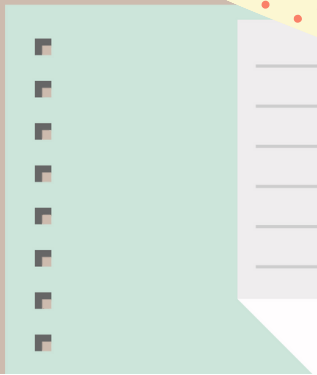
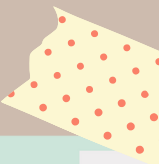


Breathe.



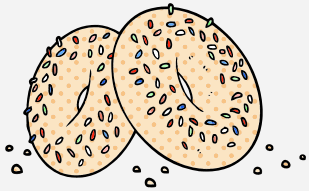
notice your surroundings.
5-4-3-2-1

Curiosity, Attention, and Acceptance



Alerting Foods

cheesy



Sour, Tart, & Spicy



cold



crunchy



Calming Foods

Sweet



Smooth & Creamy



Warm



Fermented Foods



HAPPY

We hope that the exercises practiced here today have made you feel happier and more positive overall.

be yourself!