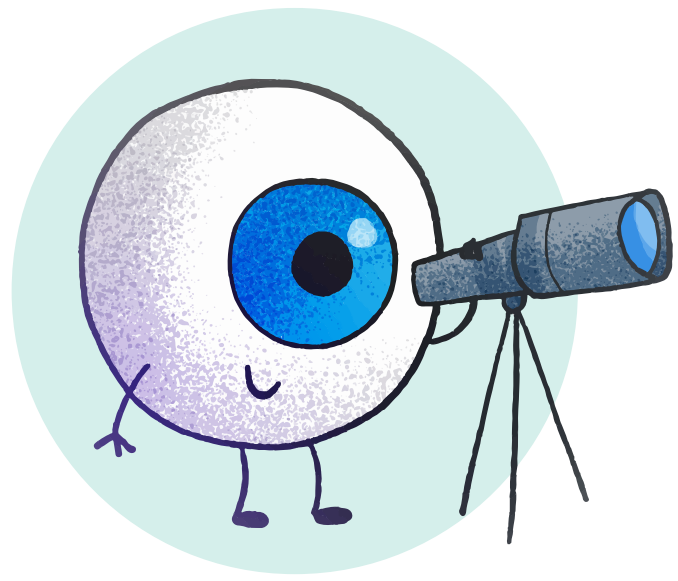




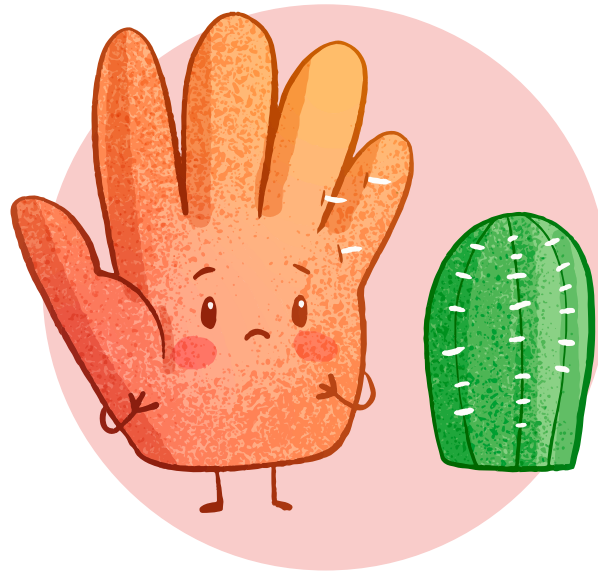
HOW TO **STAY GROUNDED**

CHECK OUT THIS MENTAL HEALTH RESOURCE WE MADE FOR YOU! →



**1. Look around and name
5 things you can see**

(a color, a pattern, something near,
something far)



**2. Notice 4 things
you can touch**

(your clothes, the chair,
your desk, a hug)



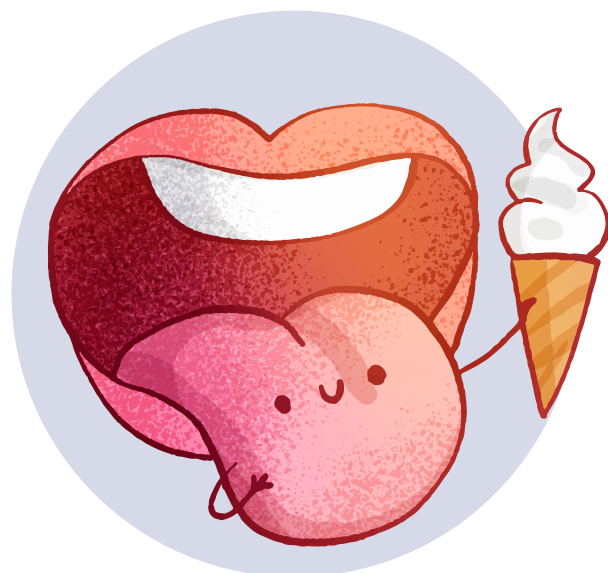
**3. Tune into 3 things
you can hear**

(birds, background noise,
yourself breathing, traffic)



**4. Find 2 things
you can smell**

(a candle, your hoodie,
fresh air, a flower)



**5. Pay attention to
1 thing you can taste**

(a sip of water, gum, a mint)

When your thoughts feel loud or your heart is racing, try this grounding exercise. It won't fix everything—but it can help you feel present and steady.