

GROUNDING WITH OUR SENSES

STRESS, ANXIETY, ANGER, AND INTENSE EMOTIONS ARE ALL A NORMAL PART OF BEING HUMAN, BUT SOMETIMES WE CAN FEEL LIKE THESE THINGS OVERWHELM US OR TAKE OVER OUR MINDS. DURING THOSE MOMENTS A USEFUL TOOL YOU CAN USE IS "GROUNDING". "GROUNDING" CAN HELP YOU TO LOWER THE INTENSITY OF YOUR EMOTIONS BY USING YOUR SENSES TO HELP GENTLY BRING YOU BACK TO THE PRESENT.

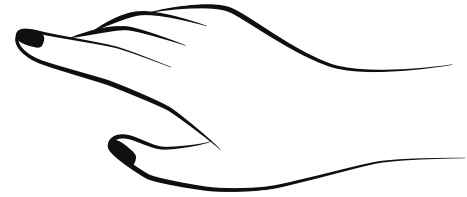
DIRECTIONS:

USE THE FOLLOWING PAGE AS A GUIDELINE TO HELP YOU GROUND YOURSELF DURING PERIODS OF INTENSE LEVELS OF STRESS AND EMOTIONS. READ EACH SENSE AND SEE HOW THEY WORK FOR YOU.

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TOUCH

Find an item to touch or hold and take a moment to describe it to yourself.

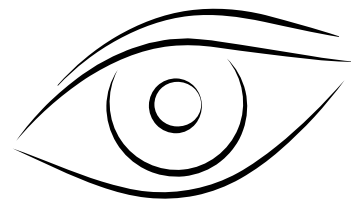


SMELL

Take a moment to smell your environment. Can you describe it?

SIGHT

Look around you and find anything and describe its features.



SOUND

Listen to your surroundings for a minute...What do you hear?

TASTE

While eating or drinking, take some time to describe the flavors that you taste.



JOE TORRE
SAFE AT HOME.