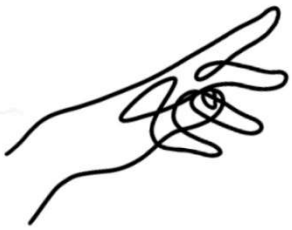
grounding technique

using your five senses

five things you can see

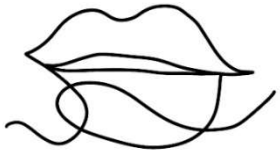
four things you can feel



three things you can hear

two things you can smell

one thing you can taste



progressive muscle relaxation

in five easy steps

1. choose a place where you can sit or lay comfortably.
2. starting from your feet, breathe in and tense your first muscle group for 4-10 seconds.
3. breathe out and relax that muscle group.
4. relax for 10-20 seconds before you repeat with the next muscle group.
5. after completing all muscle groups, bring your focus back to the present moment.