

# GET GROUNDED



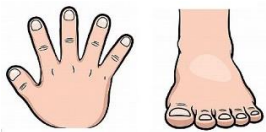
5) **TAKE 5 DEEP BREATHS**



4) **NAME 4 THINGS YOU HEAR**



3) **NAME 3 THINGS YOU SEE**



2) **FEEL YOUR HANDS AND THEN YOUR FEET ON THE GROUND**



1) **THINK OF ONE PERSON WHO SUPPORT YOU**