

GROUNDING AND PRESENT-MOMENT COPING

NOTICE YOUR SURROUNDINGS (5-4-3-2-1)

5

SEE



4

FEEL



Soft fabric Cool stone Breeze

3

HEAR



Sing

Water

2

SMELL



Fresh coffee

1

TASTE/
IMAGINE



NOTICE YOUR BODY



- My breathing feels: [_____]
- I notice tension in: [_____]
- One part of my body that feels relaxed: [_____]



SLOW DOWN



TAKE FIVE SLOW BREATHS



Right now, I am feeling: [_____]



Right now, I am safe enough to pause and:
[_____]



The next small thing I need to do is: [_____]

