

Calming With 5 Senses

If your anxiety reaches a debilitating level, it can be helpful to ground yourself in the present moment. You can do this by thinking about your surroundings using the 5 senses.



Name 5 things
you can see



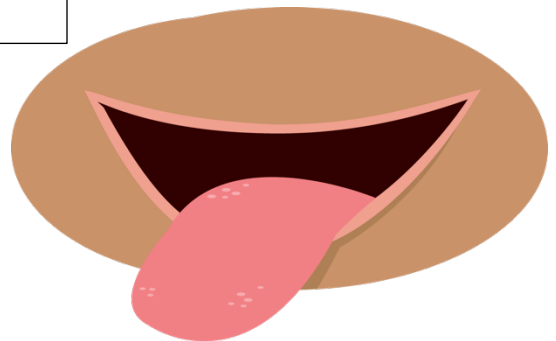
Name 4 things
you can touch



Name 3 things
you can hear



Name 2 things
you can smell



Name 1 thing
you can taste

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Credits

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