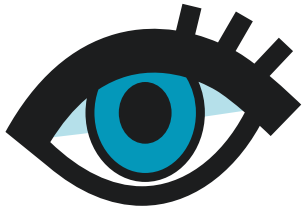


# 5 CALMING SENSES

5,4,3,2,1 Anxiety Grounding Exercise

5



5 Things you can see

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4



4 Things you can touch

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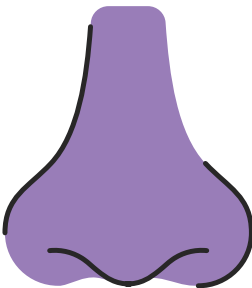
3



3 Things you can hear

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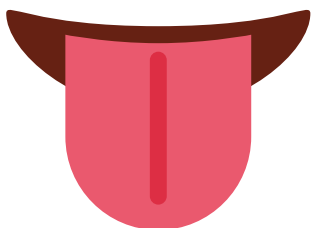
2



2 Things you can smell

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1



1 Thing you can taste