

SELF CARE **FOR THE NOW**

Feel free to use this technique
whenever you need a quick bit
of go-to self care!

GROUNDING THROUGH THE 5 SENSES

It can be helpful to give yourself a few moments to close your eyes or lower your gaze and take some deep breaths to slow down before searching your environment.

NAME ONE
THING YOU CAN
SEE



NAME ONE
THING YOU CAN
SMELL



NAME ONE
THING YOU CAN
HEAR



NAME ONE
THING YOU CAN
TASTE



+

NAME ONE
THING YOU CAN
TOUCH

