

CALMING & REFOCUSING

5, 4, 3, 2, 1

Breathe slowly in through your nose and out through your mouth while thinking of 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell and 1 thing you can taste.

5



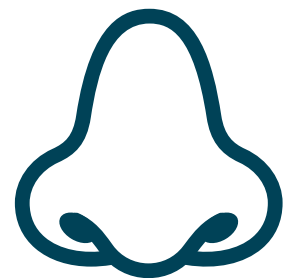
4



3



2



1

