

# Grounding Yourself



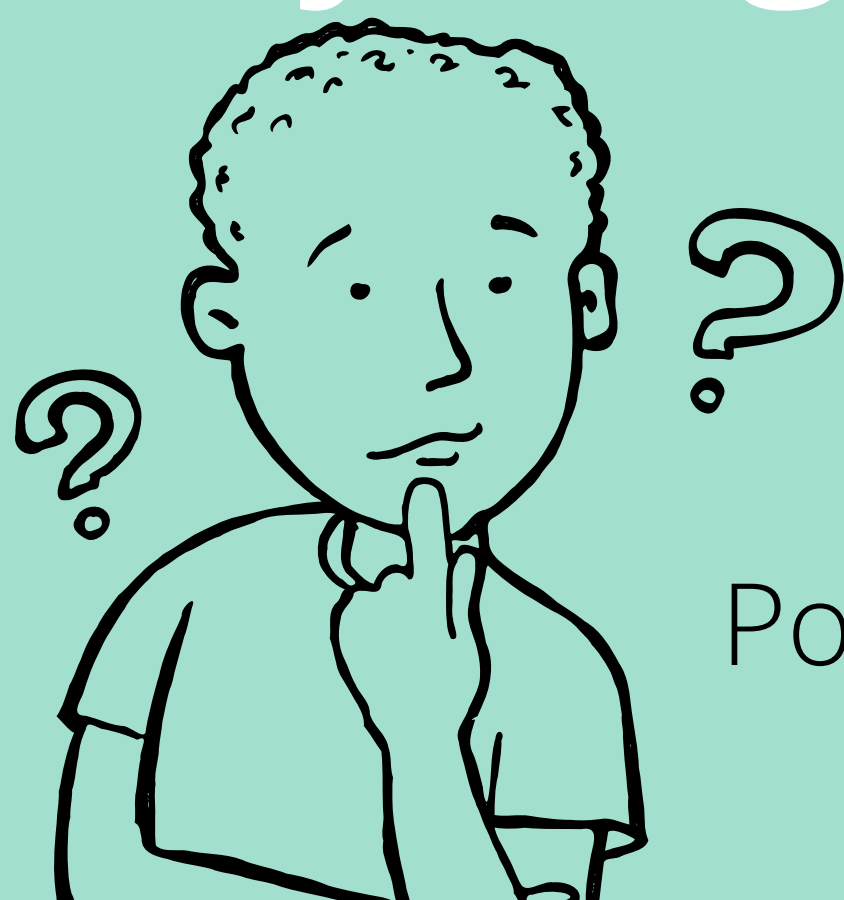
Take a second to recognize where your feelings are coming from



It's okay to feel feelings. Feelings are healthy and normal.



## How can you ground yourself?



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1. Focus on touch. What can you feel with your finger tips and hands. Feeling fabric or touching something physically may remind you where you are



2. Focus on smell. What can you smell around you right now? What smells can you imagine to calm yourself down?



3. Step away from the object or situation that may be causing intense feelings. Reflect on where those feelings may be coming from.



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