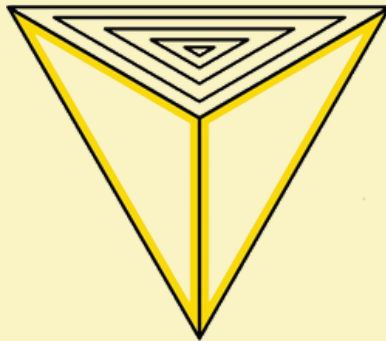


# Grounding Technique

If you're feeling anxious or worried, bring your attention back to your current moment with this simple grounding exercise.

SHAKTI  
THERAPY AND HEALING SERVICES



5 things you can see

4 things you can feel

3 things you can hear

2 things you can smell

1 thing you can taste