



# When Anxiety Rises, Come to Your Senses

**PAUSE, AND ASK YOURSELF...**

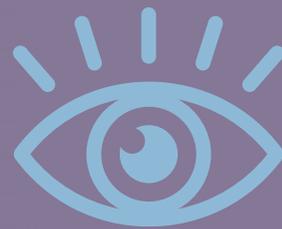
1

What  
do you  
feel?



2

What  
do you  
See?



3

What  
do you  
Hear?



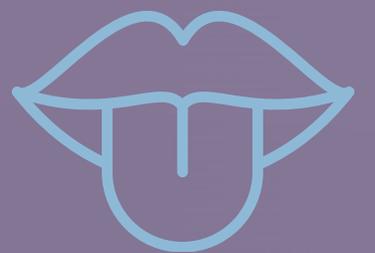
4

What do  
you  
Smell?



5

What  
do you  
Taste?



Slowly cycle through each sense, no need to rush. Just notice.

Grounding through the senses can help regulate the nervous system and interrupt panic spirals.

