


5-4-3-2-1



GROUNDING RESET CARD

*Pause. Ground. Reset.*

5-4-3-2-1 Reset

*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*

Breathe once slowly.

You are here. You are safe.