



Stop, breathe and take a minute!

First—take 3 deep breaths

5

List 5 things you can **SEE**



4

List 4 things you can **TOUCH**



3

List 3 things you can **HEAR**



2

List 2 things you can **SMELL**



1

Say out loud something **POSITIVE**
about yourself



Now —take 3 deep breaths