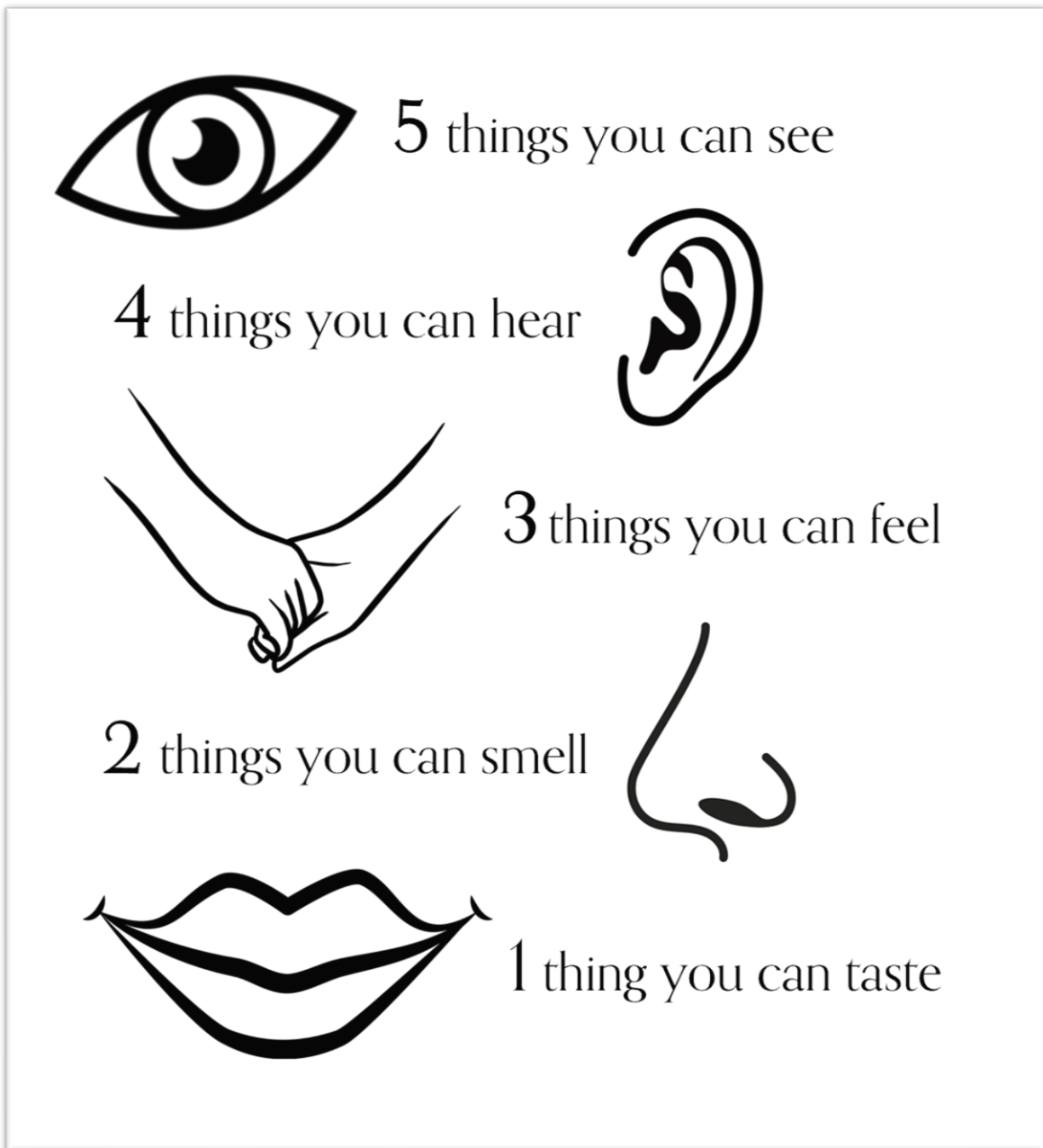


# subtle-arts

## Five Senses Grounding Exercise

This sensory integration will help you to focus on the present moment, alleviating anxiety. Take a moment to name...



5 things you can see

4 things you can hear

3 things you can feel

2 things you can smell

1 thing you can taste

Then reflect on how you feel now...