

About your ABC...



Anxiety

Burden

Care



BOSS your Brain:
Turn on your
Fantastic FIVE



Grounding:

Turn on your 5 senses



Grounding Exercise:

5 things you can **see**;
4 things you can **hear**;
3 things you can **touch**;
2 things you can **smell**;
1 thing you can **taste**.



I'm here;
I'm safe;
I'm protected;
I'm good (healthy & well);
I'm cool (calm).

