

Grounding

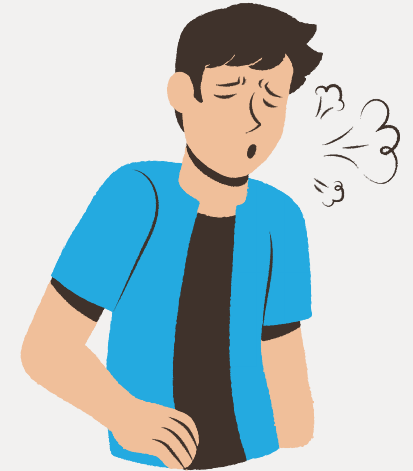
I may suddenly feel very anxious.
This is called a panic attack.



Panic attacks can be scary. I may
feel like I can't breathe.



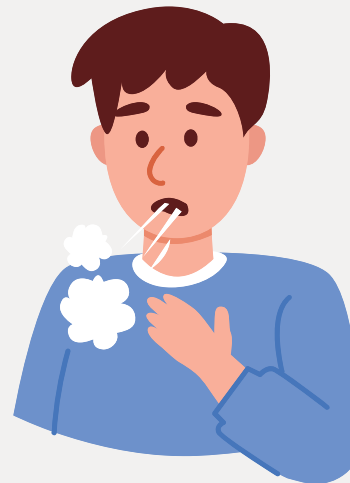
When I feel very anxious, I can use
grounding techniques to calm down.



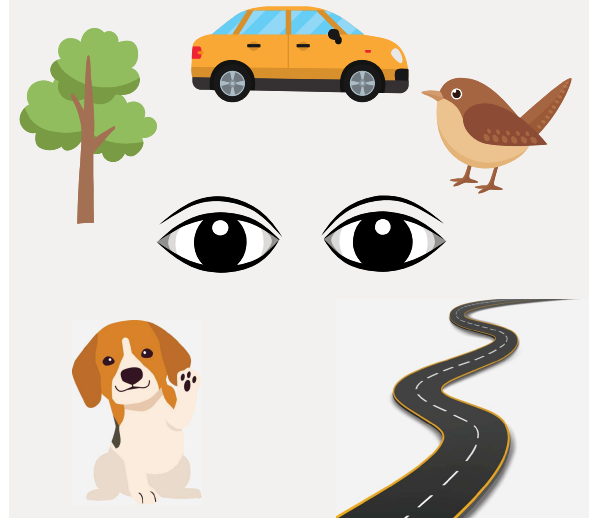
I can take a look around me and
remind myself that I'm safe.



I can take slow, deep breaths in
through my nose and out my mouth.



I can focus on my 5 senses and
name 5 things I see.



@ASERTPAutism



@asert_paautism



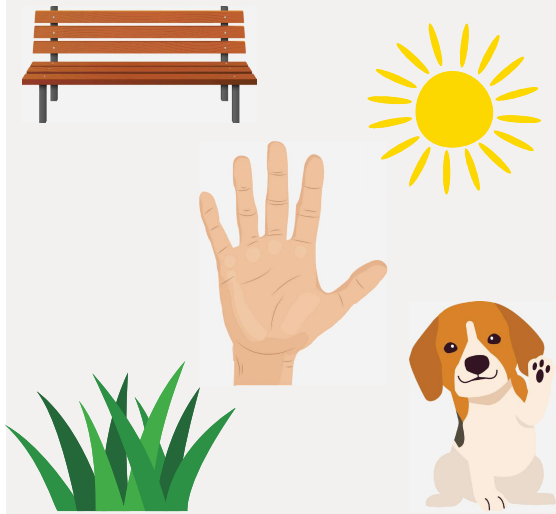
@ASERT_PAutism



@asert

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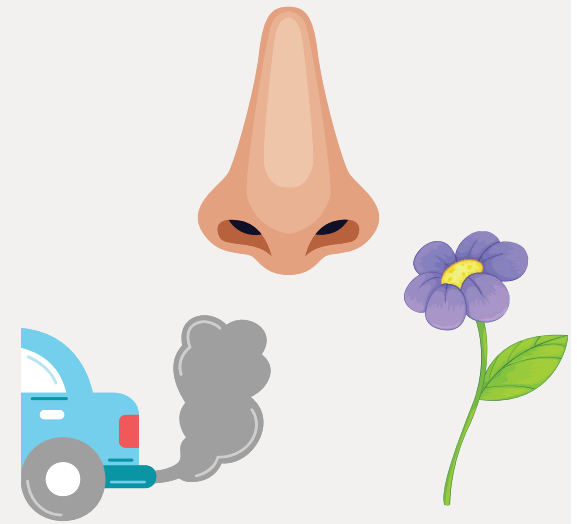
I can name 4 things I can feel.



I can name 3 things I can hear.



I can name 2 things I smell.



I can name one thing I can taste.



I can also think of a calm place in my mind.



I can keep doing these things until I feel calm and relaxed.

