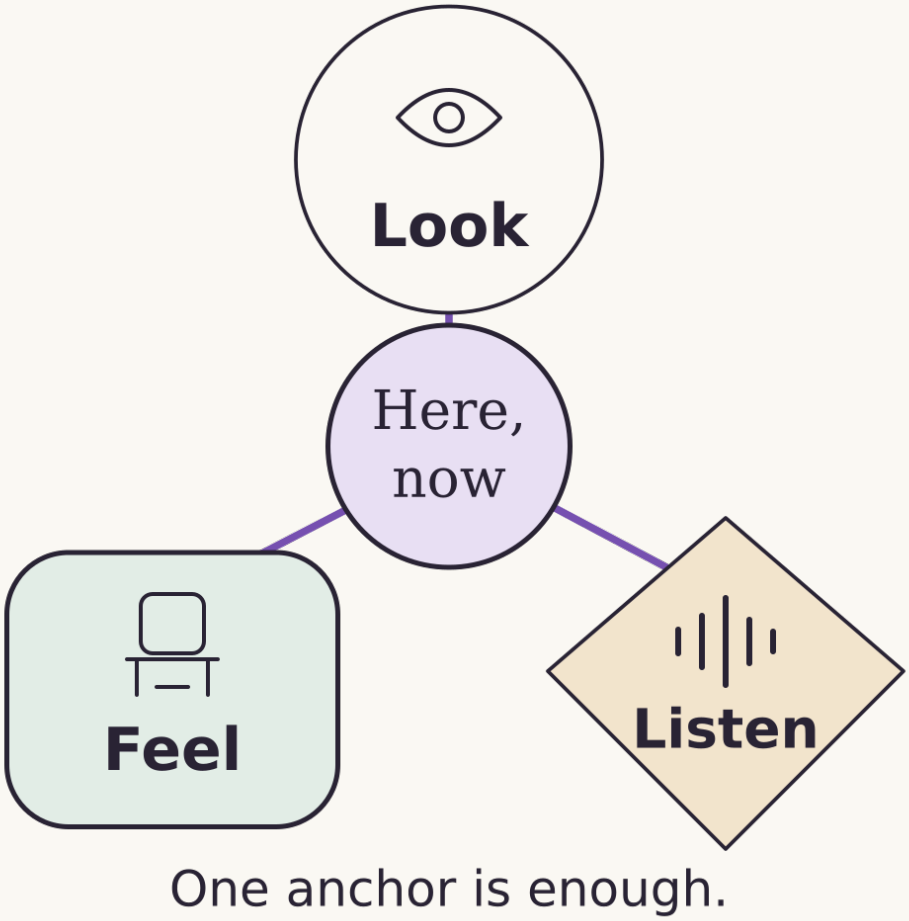
GROUNDING

Find one anchor

Choose one thing to notice. You can stop at any time.



Look: Name one thing you can see. Feel: Notice the chair or surface supporting you. Listen: Notice one sound around you. No need to do all three. If this feels uncomfortable, pause or choose something else.

Reading: VA Whole Health: Sensation of grounding