

If you feel overwhelmed by past
memories or anxiety, you are not alone...

This is a normal response to trauma.

Try to name what you're feeling
and gently remind yourself,

"This feeling is from the past
- I am safe now."

Please turn over for a grounding exercise



5 Senses Technique

5 things
you can
see



4 things
you can
feel



To help ground you

3 things
you can
hear



2 things
you can
smell



1 thing
you can
taste

