

5-4-3-2-1 Grounding

STRESS RELIEF TECHNIQUES

ADAPTED FOR DEAF, HARD OF HEARING, DEAFBLIND, AND LATE DEAFENED

Breathe deeply and...

...when you feel anxiety or stress, LIST:

5 Things you see OR imagine



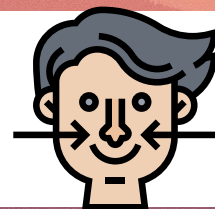
4 Things you touch



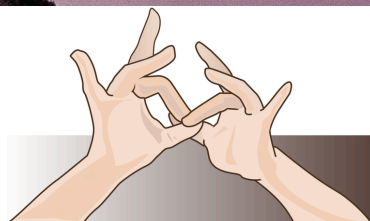
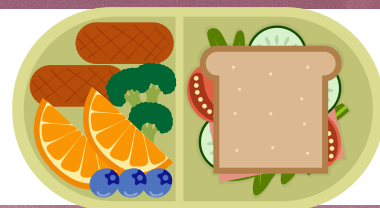
3 Things you experience around you



2 Things you smell



1 Thing you taste



Connect. Inspire. Succeed.

DHHSC

DEAF & HARD OF HEARING SERVICE CENTER

