



A collaboration among the University of Minnesota,  
University of Minnesota Physicians and Fairview Health Services

## A GROUNDING EXERCISE

SIT, STOP & BREATHE.

WHEN YOU ARE READY, NAME...

*5 Things You Can SEE*

*4 Things You Can HEAR*

*3 Things You Can FEEL*

*2 Things You Can SMELL*

*1 Thing You Can TASTE*

