

Take a deep breath. Look around you and name:

5

**Things you
can see**



3

**Things you
can hear**



**Things you
can feel**



4

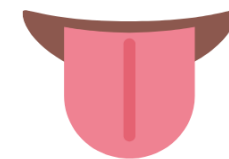


2

**Things you
can smell**

1

**Thing
you
can
taste**



5-4-3-2-1 TECHNIQUE