Self-Care:
Grounding Techniques

Click **HERE** for Free Resources and Tools

RESET

Free 2-Minute Quick Focus Reset Meditation: Regain Focus to Work, Study, or Get...

2-Minute Focus Reset

Watch on YouTube

The 5-4-3-2-1 Method: A Grounding Exercise to Manage Anxiety

5 4 3 2 1

Watch on YouTube

Video unavailable
Watch on YouTube

REFOCUS

Rain Sound On Window with Thunder Sounds | Heavy R...

Relaxing Ambiance