

FEELING ANXIOUS?

This calming exercise can help both kids and adults.



First, take a deep breath. All the way in, and all the way out.



Look around you. Name **5** things you **SEE**.



5



Name **4** things you can **FEEL** right now.



4



Name **3** things you **HEAR** around you.



3



Name **2** things you can **SMELL** right now.



2



Name **1** thing you can **TASTE**.

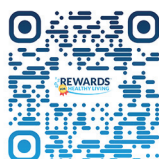


1



FINISH WITH ONE MORE DEEP BREATH.

Find more ways to stay focused on the present.



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