

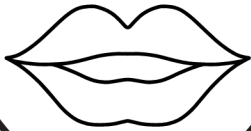
WORRY JAR

Write all the things that you are worried about in this worry jar.
You can show this to someone that you trust.



GROUNDING TECHNIQUE

1
thing
you can
taste



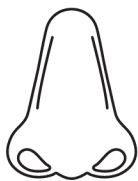
2
things
you can
touch



3
things
you can
hear



4
things
you can
smell



5
things
you can
see



RAINBOW BREATHING

Place your finger at the bottom of the rainbow on the left side. Now, as you slowly trace your finger up the curve of the rainbow, take a deep breath in through your nose, as if you're smelling a flower. When your finger reaches the top of the rainbow, start breathing out slowly through your mouth, like you're gently blowing out birthday candles, as you trace down to the right side of the rainbow.

