

# 5-4-3-2-1 ... ANXIETY!

DID YOU KNOW THAT OVER 4.4 MILLION CHILDREN HAVE BEEN DIAGNOSED WITH ANXIETY?

SINCE THE PANDEMIC, MANY CHILDREN AND ADULTS HAVE BEEN DIAGNOSED WITH ANXIETY AND/OR DEPRESSION. IT MAY BE MORE GENERALIZED (ALL OF THE TIME) OR IN SPECIFIC ENVIRONMENTS OR SETTINGS (I.E. SCHOOL).

HERE IS A QUICK GROUNDING TECHNIQUE ONE CAN USE ANYWHERE!

WHAT ARE...  
5 THINGS YOU CAN SEE  
4 THINGS YOU CAN FEEL  
3 THINGS YOU CAN HEAR  
2 THINGS YOU CAN TOUCH  
1 THING YOU CAN TASTE

THIS ENCOURAGES ONE TO  
FOCUS ON THE PRESENT MOMENT!