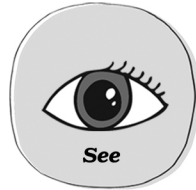


Focus On Your Senses

Take a few minutes to ground yourself by focusing on your senses. Describe in as much detail as you like 3 things you see, 3 things you feel, and 3 sounds you hear.

What I see



1.

2.

3.

What I feel



1.

2.

3.

What I hear



1.

2.

3.