

Grounding Techniques

- Breath
 - Counting, singing, laughing
- Orient - person, place, time.
 - Look at something and describe.
 - 5 Senses (hearing, tasting, touch, smell, sight)
 - Feeling the sensations of your body..feet in shoes, hands on table)
- Stretch, movement.
- Mindfully Drink Water.

Yoga, Massage, Accupuncture
