



Just Notice

Notice 5 things you can **see**.

Notice 4 things you can **hear**.

Notice 3 things you can **feel/touch**.

Notice 2 things you can **smell**.

Notice 1 thing you can **taste**.

Keep In Mind

- Just notice is an example of a grounding practice.
- Grounding is a way to focus your attention to the sensations you are experiencing in this moment.
- Grounding is good to practice at any time but especially helpful when your emotions or thoughts are stressing you out.



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