

How To Prevent An **ANXIETY ATTACK**

Start by breathing deeply in through your nose, and out through your mouth. Then, slowly bring awareness to...



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5 Things you
can see



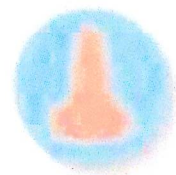
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4 Things you
can touch



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3 Things you
can hear



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2 Things you
can smell



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1 Emotion you
can feel

This is called **grounding** - it helps when you've gone too far in your own head and lost all control of your surroundings.

Please share this - it could
really help someone in need!

