

**How to Prevent an Anxiety Attack**

**Grounding Activity**

* Breathe deeply in through your nose and out through your mouth

Slowly look around you and find…

* 5 Things You Can See
* 4 Things You Can Touch
* 3 Things You Can Hear
* 2 Things You Can Smell (or 2 smells you like)
* 1 Emotion You Can Feel

**This is called GROUNDING. It can help when you feel like you’ve gone too far in your head and lost all control of your surroundings.**