

# TIPS TO HELP WITH AN ANXIETY ATTACK

- Look **around** you.
- Find *five* things you can **see**, *four* things you can **touch**, *three* things you can **hear**, *two* things you can **smell**, and *one* thing you can taste.

***This is called grounding. It can help when you feel like you have lost all control of your surroundings.***

PLEASE RE-POST, IT COULD REALLY  
HELP SOMEONE IN NEED