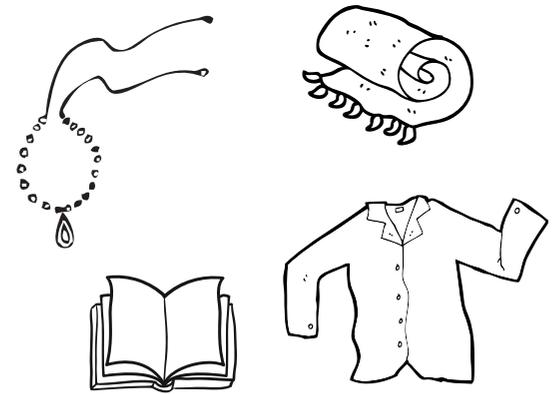


# 5 senses grounding practice

*Grief can overwhelm our senses. Take a mindful moment to slow down and try this practice to feel more present in our body and in our space throughout waves of grief.*



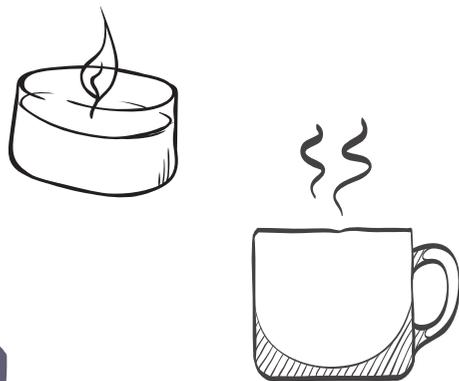
**5** things you can see.



**4** things you can touch.



**3** things you can hear.



**2** things you can smell.



**1** thing you can taste.