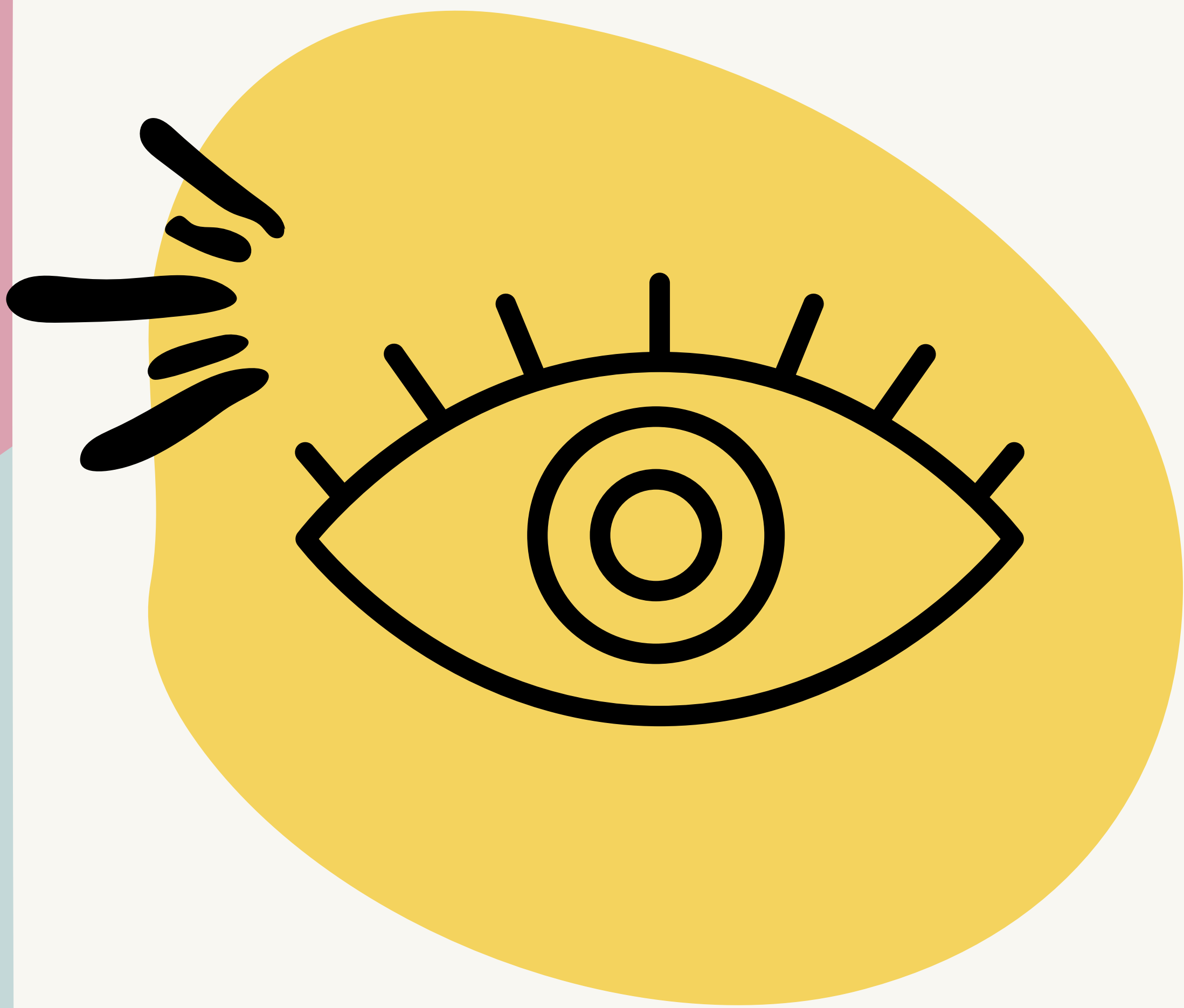


3-2-1 GROUNDING

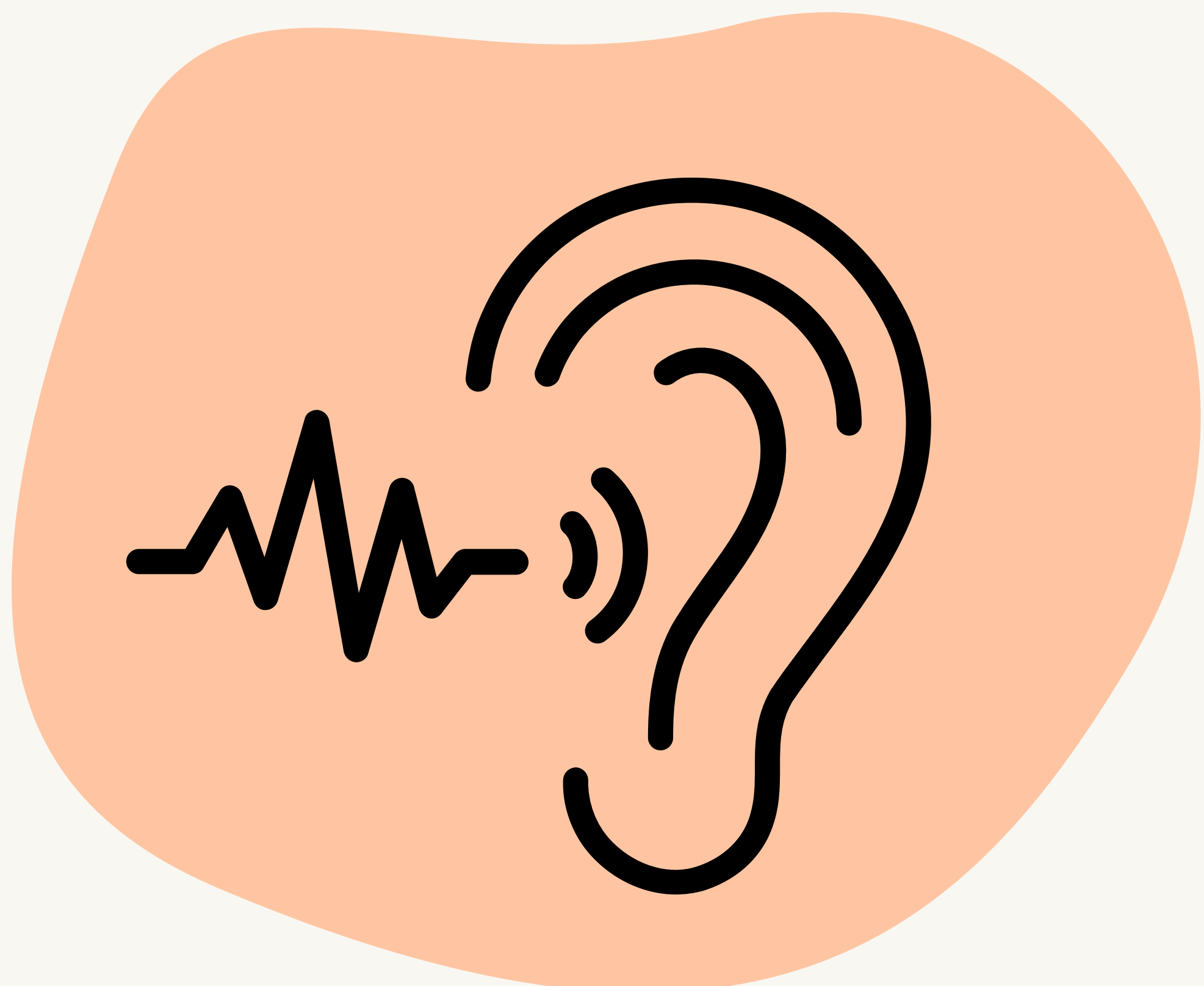
ON THE
MINDFULNESS MAP



3 THINGS YOU
CAN **SEE!**



2 THINGS YOU
CAN **FEEL!**



1 THING YOU
CAN **HEAR!**