



OCTOBER IS NATIONAL DEPRESSION & MENTAL HEALTH SCREENING MONTH

Ground yourself and feel more in control

Challenging times can leave you feeling unsettled. Practice 5-4-3-2-1 grounding by naming what you sense to bring your awareness back to the present moment.

- 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

Use your senses to engage your body, mind or emotions and feel more centered.



Scan the QR code to visit your member website for more information.

