STOP THE MERRY-GO-ROUND: 
Ways to help calm the mind and body

During the pandemic, you may find your thoughts going round and round like your brain is on a merry-go-round. When this happens, use grounding techniques to refocus.

Grounding is a way to calm worried thoughts by using your five senses. When your thoughts are calm, your body is more relaxed.

To feel calmer, finish one or more of the following sentences:
I see ___________ example: I see the color red.
I feel ___________ example: I feel the chair I am sitting on.
I hear ___________ example: I hear water running.
I smell ___________ example: I smell the coffee.
I taste ___________ example: I taste something sweet/sour.

The more you practice, the better you get at staying calm and grounded! 

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