

Mental Exercises

During times of stress and high anxiety, it may be beneficial to do an activity to help ground your thoughts and emotions.

Consider trying the following:

- **NAME** the objects you see
- **COUNT** backwards from 100 by 5
- **READ** something backwards letter by letter
- **SAY** your full name, the date, the time, & where you are

NEED TO TALK?

Call or text the **National Suicide & Crisis Lifeline** at **988**

5-4-3-2-1 Grounding

During times of stress and high anxiety, it may be beneficial to do an activity to help ground your thoughts and emotions.

Consider acknowledging the following in your surroundings:

- **FIVE** things you see
- **FOUR** things you can touch
- **THREE** things you can hear
- **TWO** things you can smell
- **ONE** thing you can taste

Learn how to **help prevent suicide** at asklistenrefer.org