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# TAKE A BREATH

**Inhale deeply** and center yourself in the moment.

## STOP

**Pause** to gather your thoughts and feelings.



## OBSERVE

**Notice** your surroundings and your emotions.



## TAKE A BREATH

**Focus on your breath** and calm your mind.



## PROCEED

**Act** with confidence and purpose and move forward with clarity and intention.



5-4-3-2-1  
Quick Grounding Tip

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