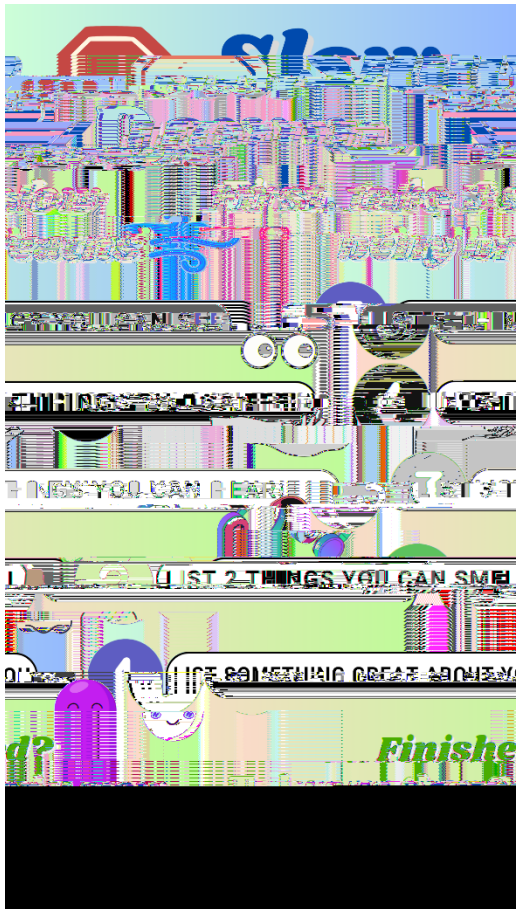




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*Tools such as textured stickers (touch), liquid timers (sight), lip balm (scent), mint/gum (taste), or headphones (hearing) allow you to focus on one sensory item at a time, which helps with grounding and focus.*



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