

When you are stressed, re-focus on your surroundings. Here's how: look around and find...

5 things you can see
1.
2.
3.
4.
5.



4 things you can touch
1.
2.
3.
4.



2 things you can smell
1.
2.



3 things you can hear
1.
2.
3.

1 thing you can taste
1.

