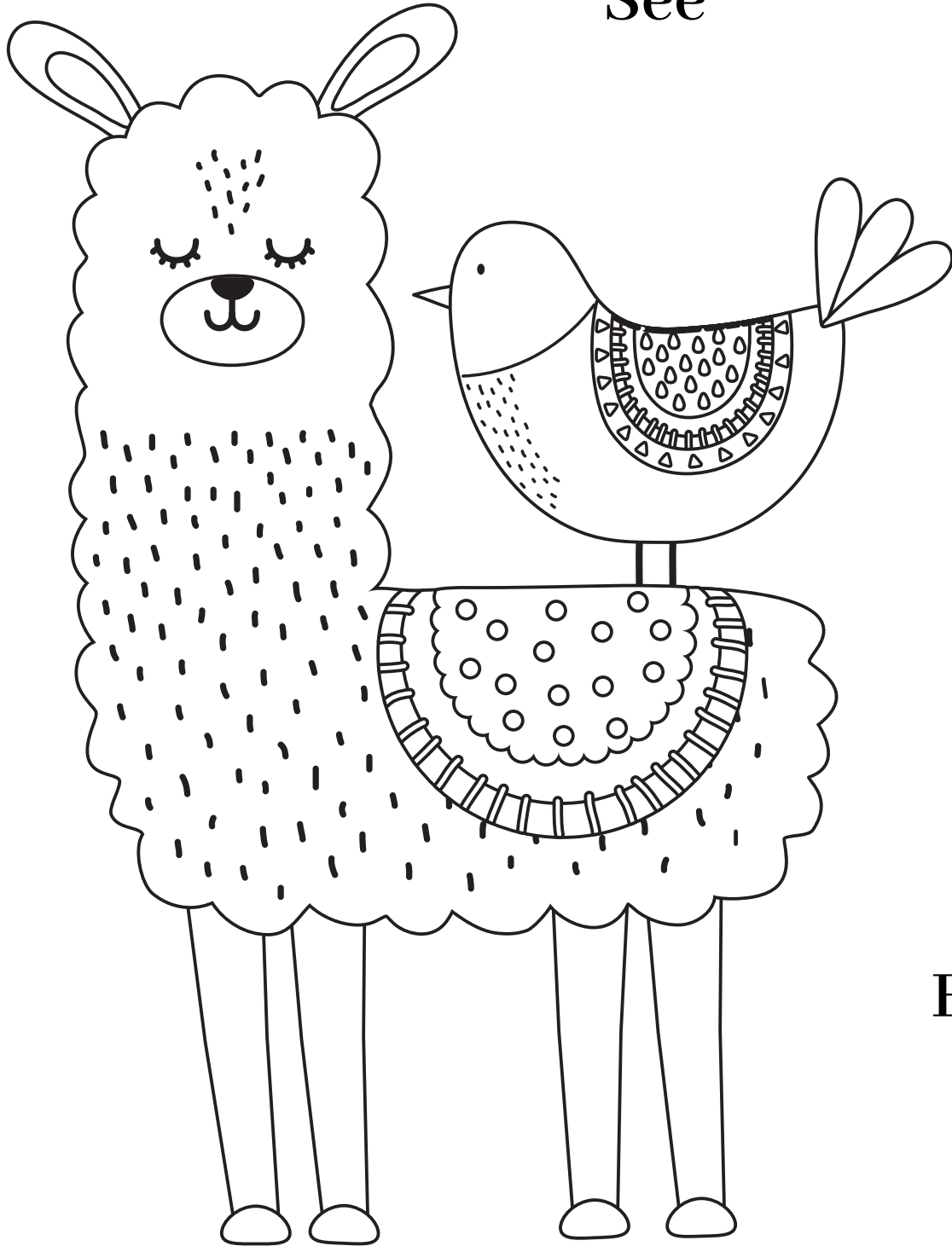


Hear

See



Taste

Smell

Feel

Llama grounding exercise

Things you can do when feeling anxious