

Just Notice



- Notice **5** things you can see.
- Notice **4** things you can hear.
- Notice **3** things you can feel/touch.
- Notice **2** things you can smell.
- Notice **1** thing you can taste.

Keep in Mind

- Just Notice is an example of a grounding practice. Grounding is a way to focus your attention to the sensations you are experiencing in this moment.
- Grounding is good to practice at any time but especially helpful when your emotions or thoughts are stressing you out.

BE WELL

LEARN WELL

LIVE WELL

