

Grounding Exercise

Name the following out loud to bring yourself into the present at any time, anywhere:

- 5 things you see
- 5 things you feel
- 5 things you hear
- 1 thing you smell
- 1 thing you taste



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"Life gives you plenty of time to do whatever you want to do if you stay in the present moment."

-Deepak Chopra



BC Association of Pregnancy Outreach Programs
BCAPOP
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