



# TAKE TWO HEALTH

**SAFE  
ZONE**

**Where Your Doctor Works for YOU!**

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## 🌀 5 - 4 - 3 - 2 - 1 Grounding Tool 🌀

When it feels like things are just too much,  
Grounding is a technique to re-focus on the here-and-now,  
and help you find your own peaceful clarity in any situation.

**Look around you and count:**

**5** things you can **SEE**

**4** things you can **TOUCH**

**3** things you can **HEAR**

**2** things you can **SMELL** or **TASTE**

**1** ... and now remember to **BREATHE**

( try 4-7-8 Breathing:

Breathe **IN** for a count of **4**

**HOLD** your breath for a count of **7**

Breathe **OUT** for a count of **8** )