



# 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.



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