

Me-1 Anxiety-0

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Five things you can see



1. _____
2. _____
3. _____
4. _____
5. _____

Four things you can touch



1. _____
2. _____
3. _____
4. _____

Three things you can hear



1. _____
2. _____
3. _____

Two things you can smell



1. _____
2. _____

One thing you can taste



1. _____

Making SENSE of Anxiety



