



using your 5 senses



Flashbacks are when you feel like you are reliving a moment, it feels like it's real and happening right now.

You can focus on your 5 senses to help 'ground you' and bring you back to the present.

Name 1 thing you can taste

Name 2 things you can smell

Name 3 things you can hear

Name 4 things you can touch

Name 5 things you can see