



INNER BALANCE COUNSELING

STRENGTH | COURAGE



Help! I'm feeling overwhelmed

Breathe in and out, now notice the following...



5 things you can see

4 things you can touch



3 things you can hear

2 things you can smell



1 thing you can taste

Observe how connecting with this moment helps restore calm

Still struggling? Call 602.675.6785

www.innerbalanceaz.com

