

WE ALL HAVE MENTAL HEALTH



Counting Sounds

Find a comfortable seated or standing position.
Close your eyes if it is comfortable.

Focus your attention on the environment around
you by listening to the sounds it is making.

For one minute, count the sounds that you hear
while keeping your breath slow and steady.

Self-Care Tip: Mindfulness actions utilizing any of
the 5 senses are a great way to GROUND oneself
and practice self-regulation