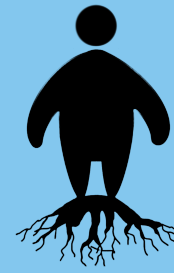




# Ground It Down



- 1) Stand or sit really still.
- 2) Plant your feet into the ground.
- 3) Squeeze your muscles tightly and count to 5.
- 4) Release the squeeze and let out a big sigh.

