



5-4-3-2-1 COMIC CALM

The **5,4,3,2,1 countdown to calm** is an established mindful technique and grounding activity that is designed to help cope with anxiety. Use the template below to create your own calming comic.

Rachael Smith is a comic creator and illustrator who uses the medium of comics to raise awareness and explores issues relating to mental health.

A GOOD THING TO DO WHEN YOU'RE PANICKING...



You don't HAVE to eat the one thing you can taste- but if it happens to be a Twix then I can recommend doing so.

Image by Rachael Smith, taken from 'Wired Up Wrong'.

LOOK AROUND YOU AND FIND:
5 THINGS YOU CAN SEE

4 THINGS YOU CAN TOUCH

3 THINGS YOU CAN HEAR

2 THINGS YOU CAN SMELL

AND 1 THING YOU CAN TASTE