

RESOURCES-Episode 14

Andrea Wolloff, M.A., LMHC

Director of Evidence-Based Practices

Open Sky Community Services

 $\frac{http://www.tothegrowlery.com/blog/2017/4/18/six-different-types-of-grounding-exercises-for-anxiety-intense-emotions$

https://www.healthline.com/health/grounding-techniques