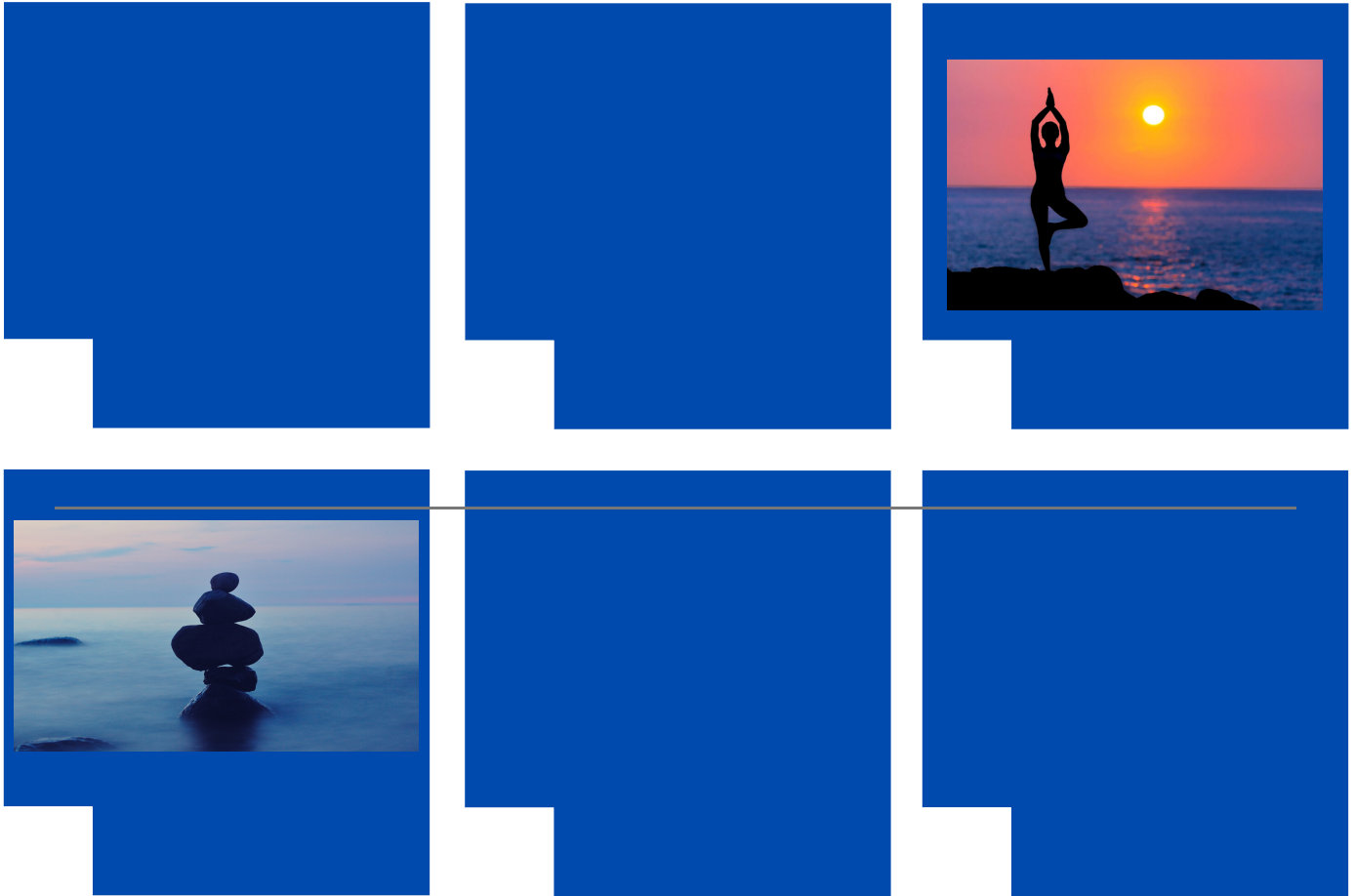


# a few notes

## Topic: Grounding Exercises to Regulate Anxiety



### Daily Envision Employee Check-in Hosted by Dr. Stefanie Simmons

During these uncertain times, it is more important than ever to be able to regulate your emotional experience. Grounding is an important therapeutic approach for handling dissociation or flashbacks, and reducing the symptoms of anxiety and panic. It is important to practice the exercises again and again until the skill becomes automatic and can be called on even during moments of distress. Here are some sources to get you started.

Click here for [Source](#)