

SPRINT PROJECT TIPS FOR GROUNDING

COUNTING BACKWARDS

**BEGIN
COUNTING**



**SUBTRACT
7**

Start counting
backwards from 100

Try to subtract 7
each time!

**TAKE
YOUR MIND
OFF THINGS**



**LET'S
BEGIN!**

This grounding
technique can help
to distract you from
unwanted thoughts
or feelings.

100



[SPRINTPROJECT.ORG/TOOLKIT](https://sprintproject.org/toolkit)

#MSTTOOLKIT #MST4LIFE