

Be a Youth First Family

*Resources from Youth First Social Workers and Programs
for parents and caregivers to use in the home.*

Practice Self-Care

Grounding Technique with Five Senses

To ease anxiety and to calm yourself down, practice this grounding technique. This self-care tool helps you become aware of yourself and your surroundings.

Identify:

FIVE things you see

FOUR things you can touch

THREE things you hear

TWO things you smell

ONE thing you can taste

Take deep breaths while you are using this technique.



About Youth First, Inc.:

Youth First's mission is to strengthen youth and families through evidence-based programs that prevent substance abuse, promote healthy behaviors, and maximize student success. Youth First partners with 81 schools across 10 counties to provide 60 Master's level social workers who assess needs, develop and implement prevention plans, and connect students and their families to community resources. Youth First also offers afterschool programs involving parents and caregivers to strengthen families. For more information about Youth First, please visit youthfirstinc.org or call 812-421-8336.