

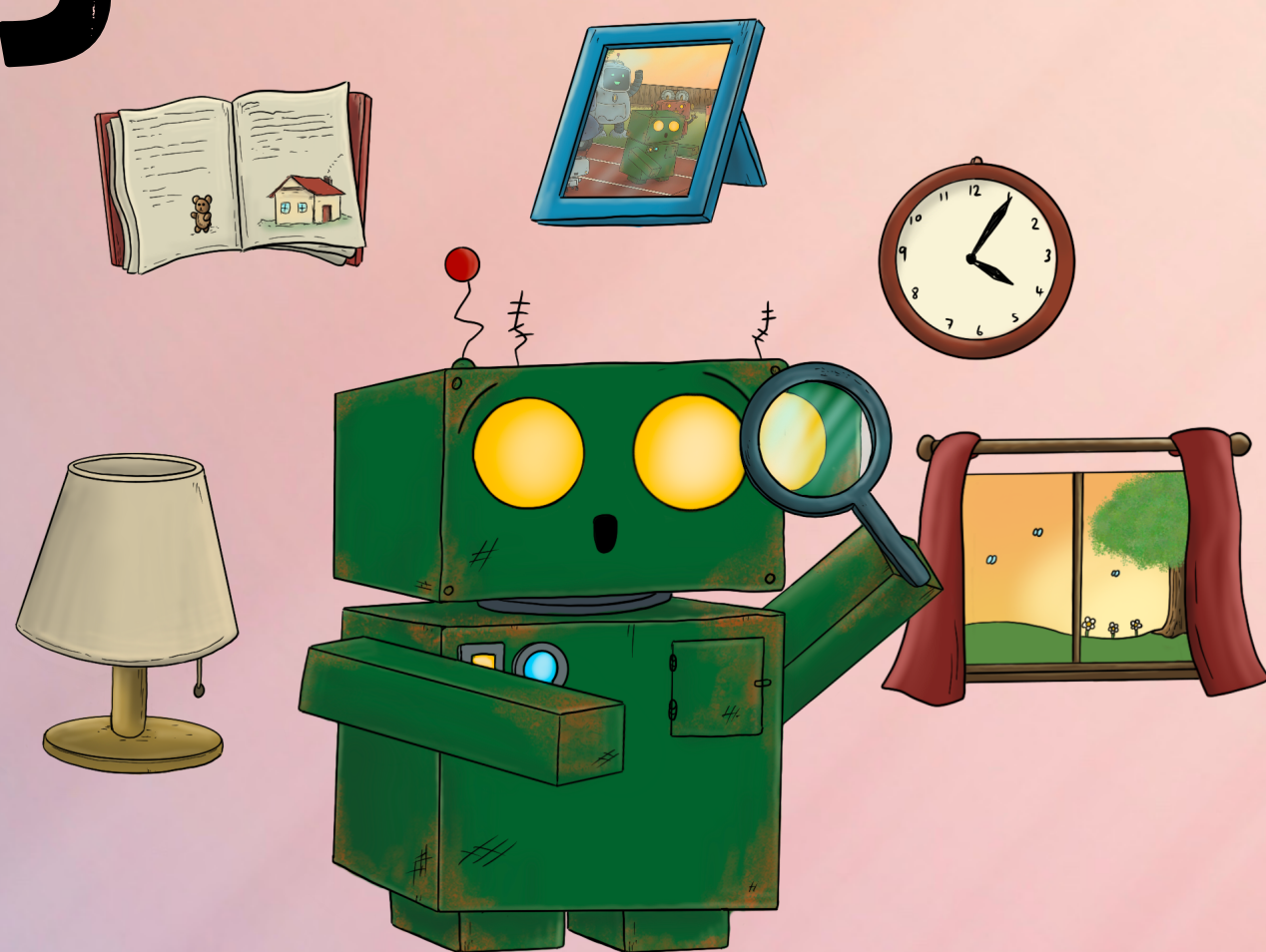
JOT THE FRIENDLY ROBOT

WHEN JOT IS STRESSED, WORRIED, ANGRY, OR TENSE HE LIKES TO TRY THE 5,4,3,2,1 GROUNDING TECHNIQUE.

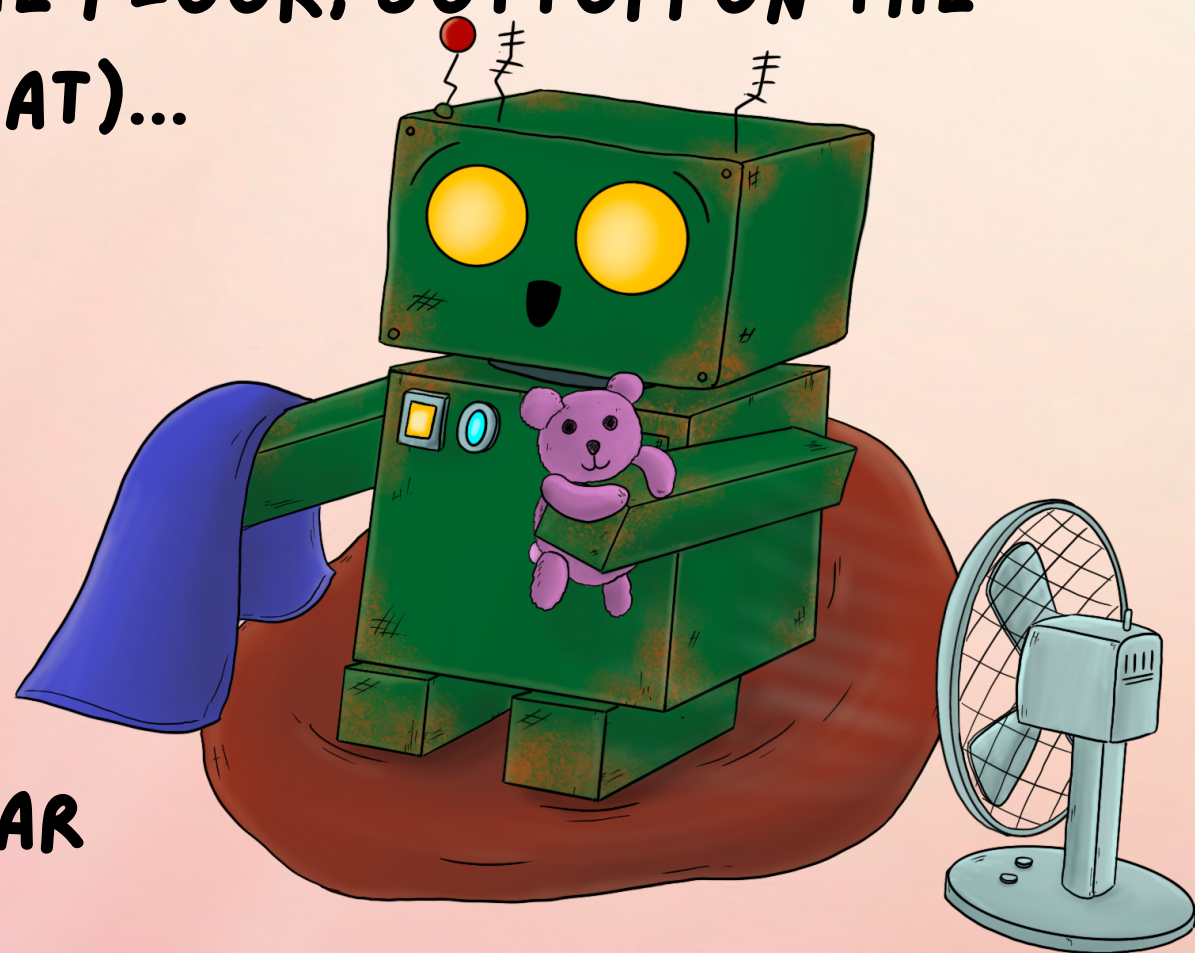
LET'S TRY IT!

FIRST TAKE SOME SLOW, DEEP BREATHS AND THEN THINK OF...

5 THINGS YOU CAN SEE IN THE ROOM...



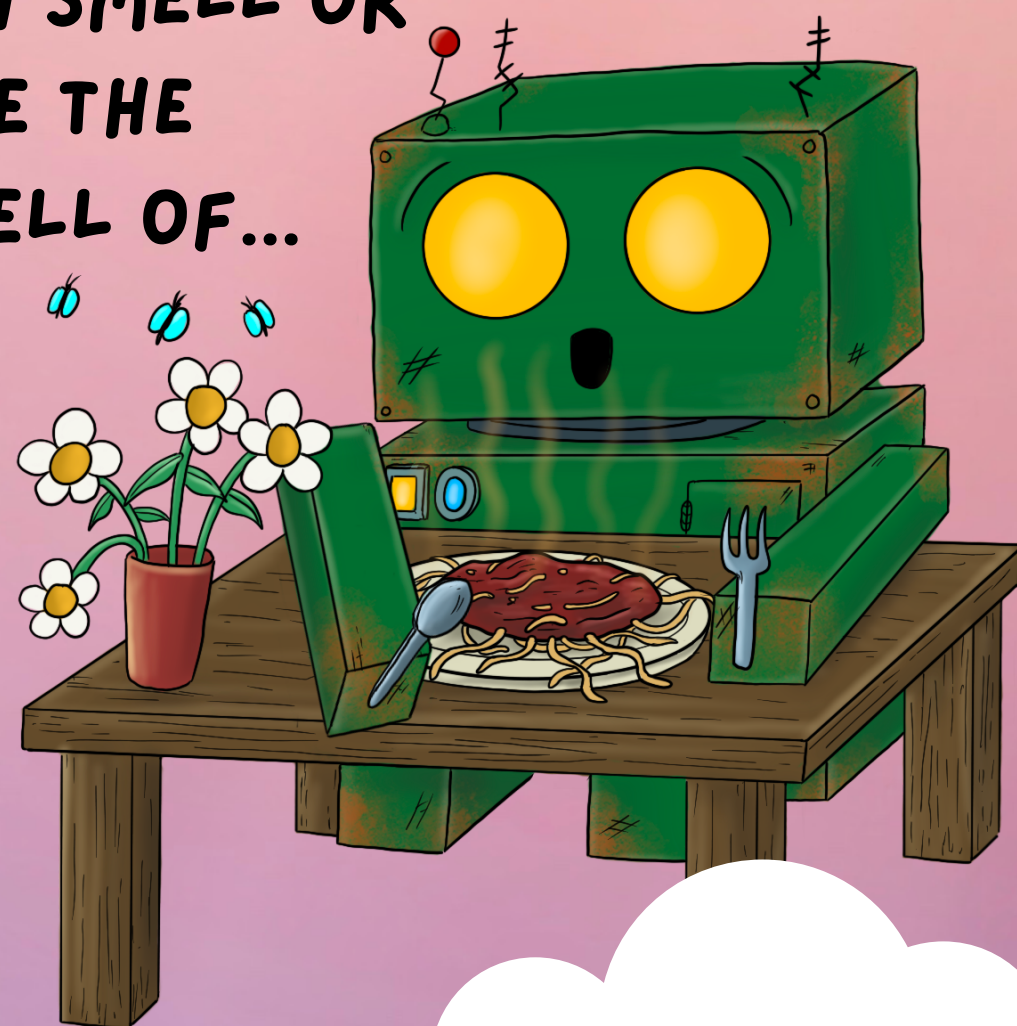
4 THINGS YOU CAN FEEL (FEET ON THE FLOOR, BOTTOM ON THE SEAT)...



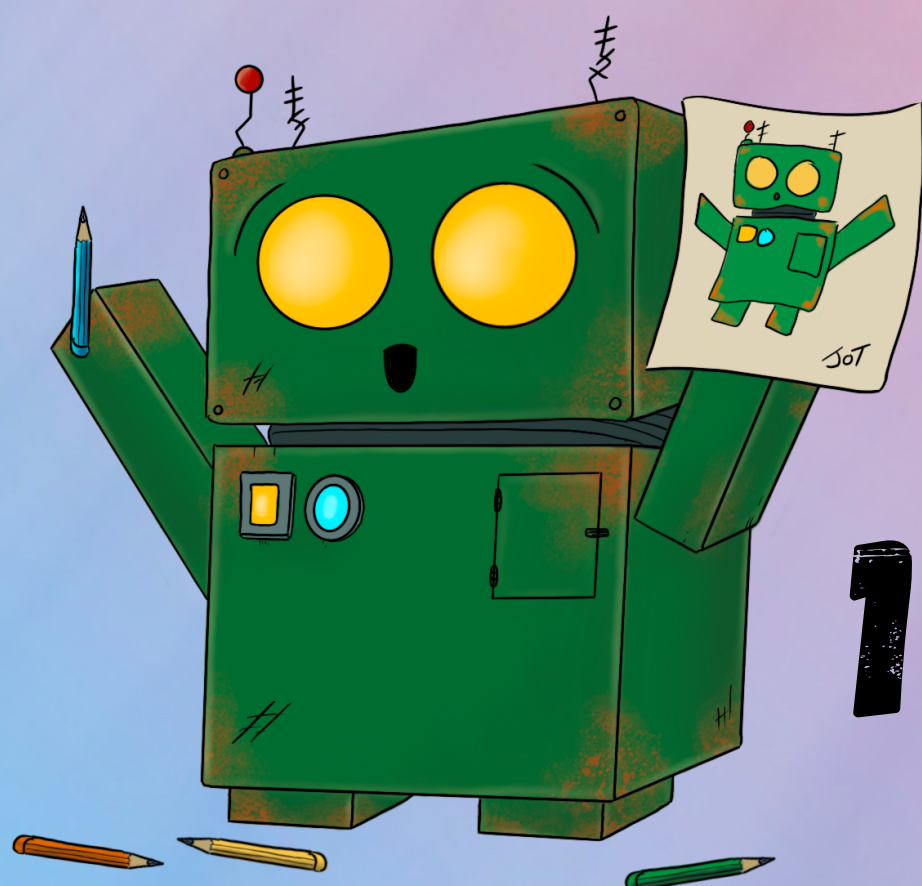
3 THINGS YOU CAN HEAR (LIKE THE BIRDS OR TRAFFIC)...



2 THINGS YOU CAN SMELL OR LIKE THE SMELL OF...



1 THING YOU LIKE TO DO...



HOW DO YOU FEEL NOW?

JOT THE ROBOT CREATED BY @JGMINDDOODLES