



## Coping with flashbacks

	<p>5 things you can see</p> <ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li><li>4.</li><li>5.</li></ol>
	<p>4 things you can feel/touch</p> <ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li><li>4.</li></ol>



3 things you can hear

- 1.
- 2.
- 3.



2 things you can smell

- 1.
- 2.



1 thing you can taste

- 1.

