

STAYING GROUNDED



BE PRESENT

It's not tomorrow, and yesterday is past.



**NAME
FIVE
THINGS
YOU CAN
SEE**



**NAME
FOUR
THINGS
YOU CAN
HEAR**



**NAME
THREE
THINGS
YOU CAN
FEEL**



**NAME
TWO
THINGS
YOU CAN
SMELL**



**NAME
ONE
THINGS
YOU CAN
TASTE**

BE PATIENT

Don't force things—trust the timing of your life.

Let things unfold naturally.

Patience builds resilience and reduces stress.

Let others help—collaboration eases burdens.

BE PROACTIVE

Face challenges with intention and clarity.

Prioritize what needs your attention.

Focus on one task at a time.

Ask for help—it's a sign of strength.

Command chaplains are here to help you stay grounded through life's challenges. Whether you need someone to talk to or guidance through tough times, reach out.