

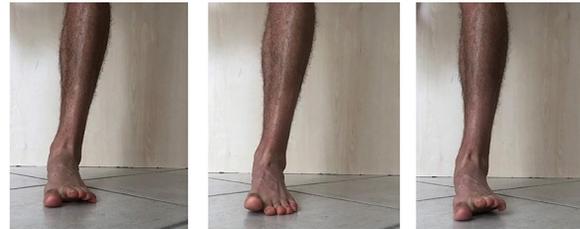
# SOLES OF THE FEET (adapted from Singh et al., 2003)

When feeling sad or angry, you can focus on an object to help you cope through the feelings.

**1. Stand with your feet flat on the floor**



**2. Move your toes**



**3. Feel your socks, shoes, or the floor touching your feet**



**4. Repeat as needed**

