

The image shows five hands arranged horizontally, each representing a number from 5 to 1. The first hand on the left is fully open with all five fingers spread. The second hand has the index and middle fingers extended. The third hand has the index and middle fingers extended, with the thumb tucked. The fourth hand has the index and middle fingers extended, with the thumb and ring finger tucked. The fifth hand on the right has only the index finger extended. The background is a light pink gradient.

# Backwards Thinking

If you are feeling anxious or panicky, the Backwards Thinking Grounding Technique can help calm you and bring you back to the present moment. Concentrating on doing something backwards - like counting, spelling, or reading - is a mental challenge that forces you to slow down and takes your attention off the intense feelings of anxiety, worry, or panic.

"Backwards Thinking" things you can do:

- Read a page of a book in reverse
- Count backwards from 100
- Spell names of things you see around you backwards
- Say the alphabet in reverse
- Count backwards from 100 in increments of 2

The logo for 'Wiiw' is written in a stylized, bold, pink font with a white outline. It is positioned diagonally in the bottom right corner of the page, which has a white background. The rest of the page has a pink background.

Wiiw