

# Ymarferion Ymdawelu.

5 Peth ti'n ei weld

4 Peth ti'n ei deimlo

3 Peth ti'n ei glywed

2 Peth ti'n arogli

1 Peth ti'n flasau

Mae ymarferion ymdawelu yn helpu .....

Gorbryder, Rheoli tymer a chanolbwyntio.

# Grounding Exercise:

5 Things you see

4 Things you feel

3 Things you hear

2 Things you smell

1 Thing you taste

Grounding helps with.....

Anxiety, Anger and Focus.