

Grounding Techniques

If you feel stressed, overwhelmed, or anxious – try one of the techniques below to calm your mind

1. 4-Count Breathing

- a) Breathe in deeply for 4 seconds
- a) Hold that breath for 4 seconds
- b) Breathe out for 4 seconds
- c) Hold your lungs empty for 4 seconds

2. Hand Trace

- a) Hold out a hand in a “high 5”
- b) Trace that hand with the pointer finger from the other hand.

3. 5-4-3-2-1

- a) Look around the space you're in. Recognize 5 things you see, 4 things you can touch, 3 things you hear, 2 things you smell, 1 thing you taste

4. Room Search

- a) Create a category in your mind. List all the things in your space that fit that category. For example, “green” – and list out all of the green things you see!

5. Write it out

- a) Write down what's on your mind – keep it to reflect on later or throw it away to keep it personal. Use the notes feature in your phone or keep a personal journal. It's up to you!

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