

# Mental Health Week

## Appreciate the little things

These grounding techniques can be helpful when you're feeling anxious or overwhelmed.



### Find a Rainbow

Look around you. Identify and name:



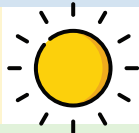
1 red object

1 orange object



1 blue object

1 yellow object



1 green object

1 purple object



### 5 Senses

Look around you. Identify and name:



5 things you can see

4 things you can feel



3 things you can hear

2 things you can smell



1 thing you can taste

### Box Breathing

1. Breathe in through your nose for 4 counts.
2. Hold your breath for 4 counts.
3. Breathe out through your mouth for 4 counts.
4. Hold your breath for 4 counts.

Repeat as many times as you'd like. You can adjust the breath count to what's comfortable.

