



Grounding Exercises

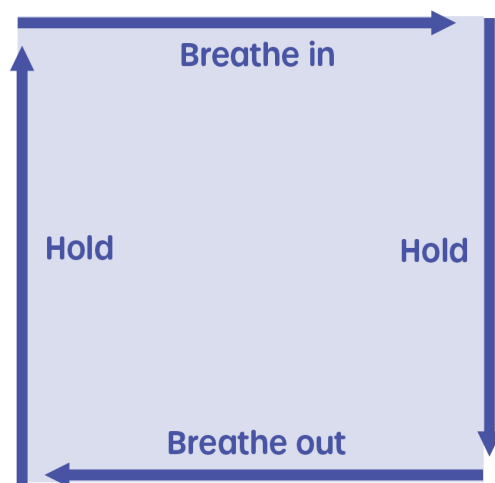
These techniques can be helpful when you're feeling anxious or overwhelmed.

Box Breathing

- Breathe in for 4 counts
- Hold for 4 counts
- Breathe out for 4 counts
- Hold for 4 counts

Repeat as many times as you'd like.

You can adjust the breath count to what's comfortable.



5-4-3-2-1

Look around you. Identify and name:

5 things you can see

4 things you can touch

3 things you can hear

2 things you can smell

1 thing you can taste

Rainbow

Look around you. Identify and name:

Something that is red

Something that is orange

Something that is yellow

Something that is green

Something that is blue

Something that is purple

Body Scan Meditation

Shifting your attention to each part of your body can help release hidden tension.

- Find a comfortable position, take a few slow breaths, and close your eyes (if you wish).
- Bring your attention to your feet and notice any sensations.
- Slowly move your attention up through your legs, hips, torso, arms, shoulders, neck and head.
- At each area, simply observe what you feel without trying to change it.
- If your mind wanders, gently bring it back to where you left off.
- Finish with a deep, slow breath.