Grounding — Grounding exercises are things you can do to bring yourself into contact with the present moment – the here and now. They can be quick “belly breaths” or long, meditation. The aim is to keep mind and body connected.

Calming grounding techniques for anxiety and stress

4-7-8 Breathing
1. Sit in a comfy position and relax your muscles.
2. Take a big deep breath in through your nose for four seconds.
3. Hold for seven seconds.
4. Next take an even bigger breath out for eight seconds.
5. As you’re breathing out, part your lips and make a “woosh sound.”

5-4-3-2-1 Method
1. Be aware of your surroundings and take deep breaths.
2. Name 5 things you can see around you.
3. Name 4 things you can feel.
4. Name 3 things you can hear.
5. Name 2 things you can smell.
6. Give yourself a complement or recite one positive affirmation!

Visit our website for more tips on stress relief: www.Health.Solutions

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