



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!



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