

# Grounding techniques

## Breathe in..

- Your thoughts can affect your nervous system.
  - Stress, worry and anger can all increase your heart rate, make your breathing more shallow, and put your body into a high alert state.
  - Taking a quick break to focus on your breathing can help calm your mind and your nervous system!
  - An easy technique to use is called **box breath**
1. Breathe in slowly for a count of 4.
  2. Hold the breath for a count of 4.
  3. Slowly exhale for a count of 4.
  4. Pause for a count of 4.
  5. Repeat at least 3x.

Try to breathe down into your belly - you can imagine it inflating like a balloon!



## Take 5

- Great for all ages, and works well if you are feeling anxious, worried, or stressed.
- You can do this inside too, maybe near an open window!
- Take a deep breath and focus on your senses.
- Try to 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

