

ANXIETY RESOURCES



THE 5-4-3-2-1 GROUNDING TECHNIQUE

Ease your state of mind in stressful moments. Use your senses.



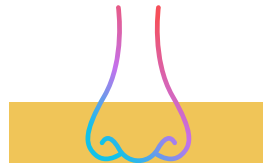
Acknowledge **5**
things that you can
see around you.

Acknowledge **4**
things that you can
touch around you.



Acknowledge **3**
things that you can
hear around you.

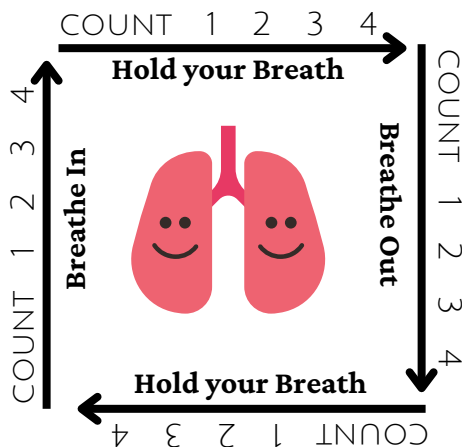
Acknowledge **2**
things that you can
smell around you.



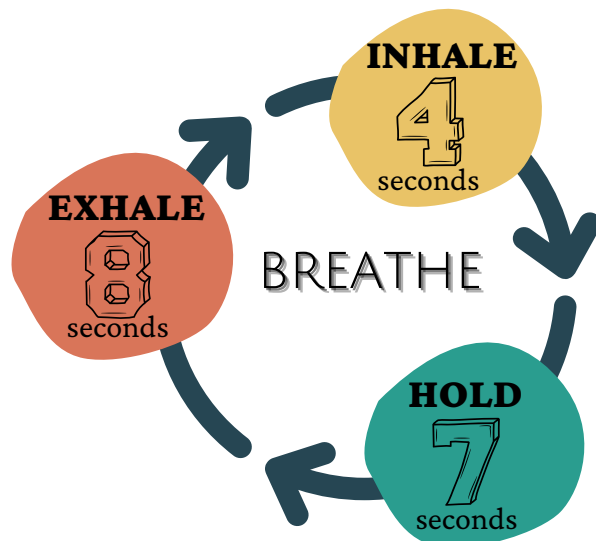
Acknowledge **1**
thing that you can
taste around you.

BREATHING TECHNIQUES

Square Breathing



4-7-8 Breathing



Resources:

"Exercises for Beginners: Square Breathing." Discover Singing, 3 Oct. 2017, <https://www.discoveringsinging.co.uk/2013/07/23/square-breathing/>.

Pavlik, Taylor. "Unwind This Monday with the 5-4-3-2-1 Grounding Technique." The Monday Campaigns, 28 Nov. 2022, <https://www.mondaycampaigns.org/destress-monday/unwind-monday-5-4-3-2-1-grounding-technique>.