

5 CALMING TECHNIQUES

1 5-4-3-2-1 Grounding Technique

This can be helpful in response to a sudden onset of anxiety that triggers severe physical reactions. Take a moment to identify:

- 5 things you can **see** around you.
- 4 things you can **feel** around you.
- 3 things you can **hear** around you.
- 2 things you can **touch** around you.
- 1 thing you can **taste** around you.



2 Flower-Candle Breathing

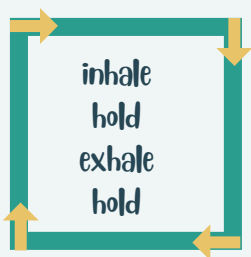
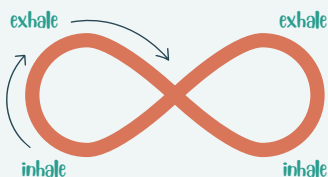
Sit up comfortably. Put a hand on your chest. Imagine a flower & birthday candle in front of you. Breathe in through your nose to smell the flower. Then blow the candle out through your mouth.

Repeat 3x or as needed.

3 Figure Eight Breathing

Breathe deeply in a figure-eight motion to find peace. Imagine the shape in your mind or trace the shape on your desk while you breathe.

Repeat as needed.



4 Square Breathing

Square breathing is a technique that helps to reduce anxiety and stress.

- Inhale for 4 seconds.
- Hold your breath for 4 seconds.
- Exhale for 4 seconds.
- Hold for 4 seconds.

Repeat 3x, or as needed.

5 Alternate Nostril Breathing

Focus on your breath and feel the tension melt away:

- Exhale completely.
- Close the right nostril & inhale through the left.
- Close the left nostril & exhale through the right.
- Hold the left nostril closed & inhale through the right.
- Close the right nostril & inhale through the left.

