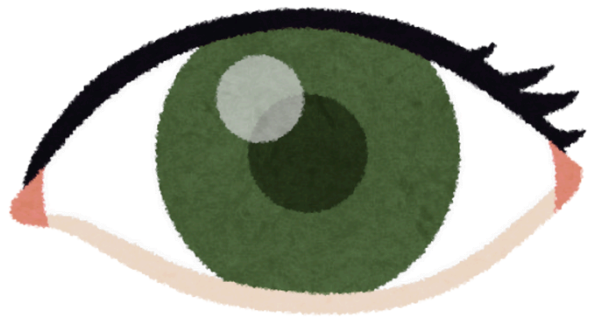


COUNTDOWN TO CALM

5-4-3-2-1 TECHNIQUE

Grounding techniques calm the nervous system and help us disengage from anxious thoughts. When we use our senses to attend to the present moment, we are more likely to be able to think clearly and choose how we act.



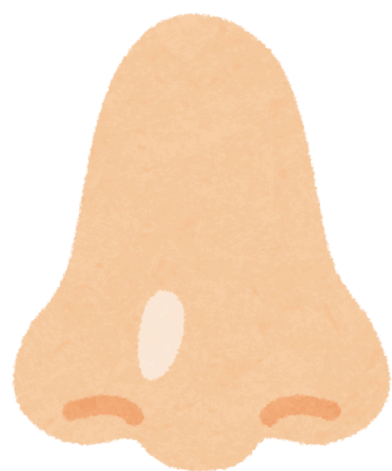
WHAT ARE 5 THINGS YOU CAN SEE? LOOK FOR SMALL DETAILS SUCH AS A PATTERN ON THE CEILING, THE WAY LIGHT REFLECTS OFF A SURFACE, OR THE WAY HAIR OR FABRIC FALLS.



WHAT ARE 4 THINGS YOU CAN FEEL? NOTICE THE SENSATION OF CLOTHING ON YOUR BODY, THE SUN ON YOUR SKIN, OR THE FEELING OF THE CHAIR YOU ARE SITTING IN. PICK UP AN OBJECT AND EXAMINE ITS WEIGHT, TEXTURE, AND OTHER PHYSICAL QUALITIES.



WHAT ARE 3 THINGS YOU CAN HEAR? PAY SPECIAL ATTENTION TO THE SOUNDS YOUR MIND HAS TUNED OUT, SUCH AS A TICKING CLOCK, DISTANT TRAFFIC, HEATING OR AIR FILTRATION SYSTEMS, BREATHING, OR TREES MOVING IN THE WIND.



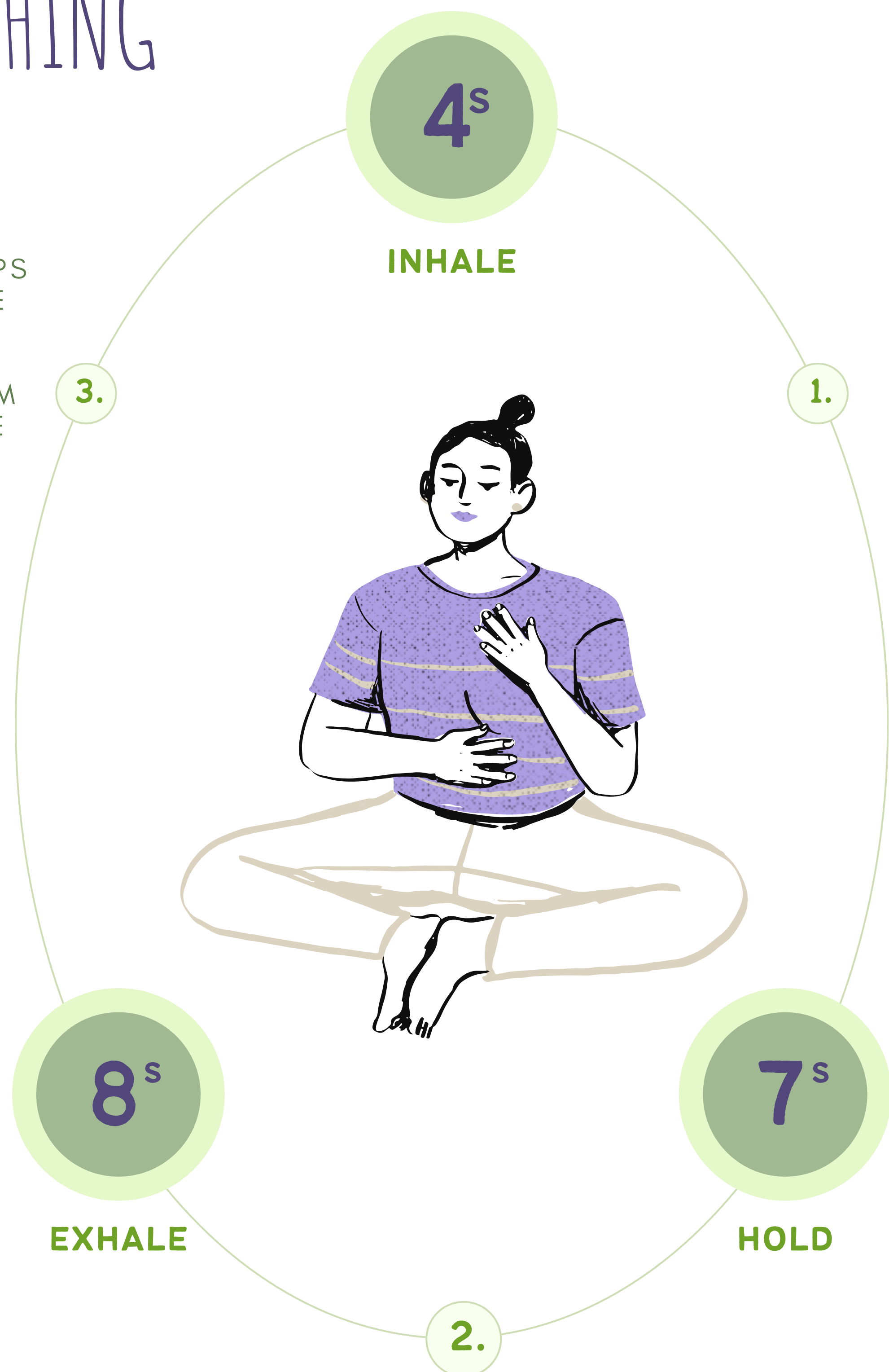
WHAT ARE 2 THINGS YOU CAN SMELL? TRY TO NOTICE SMELLS IN THE AIR AROUND YOU SUCH THE SCENT OF A CUP OF COFFEE, FRESHLY MOWED GRASS, SNOWFALL, OR LOTION.



WHAT IS 1 THING YOU CAN TASTE? TAKE A SIP OF FRESH WATER, TEA, OR ANOTHER BEVERAGE, CHEW A PIECE OF GUM, AND FOCUS YOUR ATTENTION CLOSELY ON THE FLAVORS.

4-7-8 BREATHING TECHNIQUE

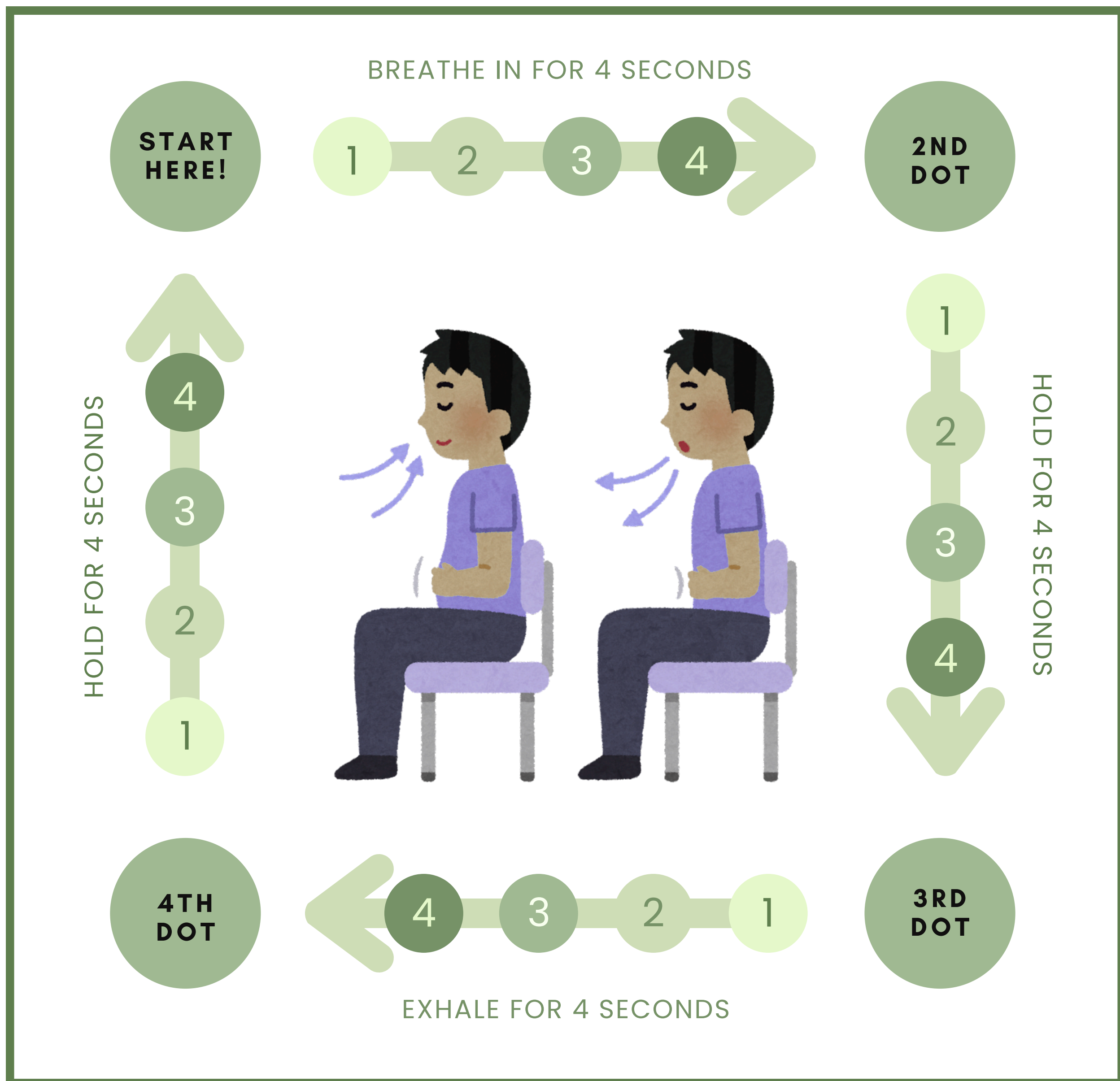
DEEP BREATHING HELPS DECREASE HEART RATE AND BLOOD PRESSURE AND ALLOWS OUR BODIES TO SHIFT FROM A STATE OF VIGILANCE TO A STATE OF RELAXATION.



TRY IT.

1. START BY PLACING ONE HAND ON YOUR UPPER CHEST AND THE OTHER ON YOUR ABDOMEN, JUST BELOW YOUR RIB CAGE.
2. BREATHE IN SLOWLY THROUGH YOUR NOSE AS YOU COUNT TO 4.
 - THE HAND ON YOUR CHEST SHOULD REMAIN STILL, WHILE THE ONE ON YOUR ABDOMEN SHOULD RISE.
3. HOLD YOUR BREATH IN YOUR LUNGS AS YOU COUNT TO 7.
4. EXHALE SLOWLY THROUGH PURSED LIPS AS YOU COUNT TO 8.
 - AS YOUR ABDOMINAL MUSCLES DRAW IN, THE HAND ON YOUR ABDOMEN WILL MOVE TO ITS ORIGINAL POSITION.
5. REPEAT 4 TO 8 TIMES.

BOX BREATHING



1. PLACE YOUR FINGER ON THE DOT THAT SAYS "START HERE!"
2. **BREATHE IN SLOWLY** THROUGH YOUR NOSE FOR A COUNT OF FOUR, EXPANDING YOUR BELLY AS YOU MOVE YOUR FINGER TOWARD THE SECOND DOT.
3. **HOLD YOUR BREATH** FOR A COUNT OF FOUR, KEEPING YOUR BELLY AND RIBS EXPANDED AS YOU MOVE YOUR FINGER TO THE THIRD DOT.
4. **EXHALE SLOWLY** THROUGH YOUR MOUTH FOR A COUNT OF FOUR, ALLOWING YOUR BELLY AND RIBS TO RETURN TO THEIR NORMAL POSITION AS YOU MOVE YOUR FINGER TO THE FOURTH DOT.
5. **HOLD YOUR BREATH** FOR A COUNT OF FOUR, KEEPING YOUR BELLY AND RIBS RELAXED AS YOU MOVE YOUR FINGER BACK TO THE FIRST DOT.
6. **REPEAT THESE STEPS** FOUR TIMES.

PROGRESSIVE MUSCLE RELAXATION

RESEARCH SHOWS THAT TENSING AND RELEASING DIFFERENT MUSCLE GROUPS CAN LEAD TO A DECREASE IN ANXIETY AND THE PHYSICAL SYMPTOMS ASSOCIATED WITH THAT STATE. WHILE PROGRESSIVE MUSCLE RELAXATION CAN BE DONE LYING DOWN, THE DIRECTIONS BELOW ARE FOR A CLASSROOM-FRIENDLY SEATED PRACTICE.

1. START BY SHIFTING YOUR FOCUS INWARD, TOWARD YOUR BODY.
2. IF IT FEELS OKAY, ALLOW YOUR EYES TO CLOSE.
3. BRING YOUR AWARENESS TO HOW YOUR BODY IS RESTING. FEEL THE SUPPORT OF THE CHAIR BENEATH YOU.
4. TAKE A FEW SLOW, DEEP BREATHS: IN AND OUT.
5. AS YOU BREATHE IN, FEEL FRESH OXYGEN MOVING INTO YOUR BODY. AS YOU BREATHE OUT, FEEL THE WEIGHT OF YOUR BODY RESTING AND SOFTENING.
6. NOTICE YOUR **FEET** CONNECTING WITH THE FLOOR.
7. CURL YOUR TOES TOWARD THE GROUND. HOLD THEM. THEN RELEASE THEM.
8. ENGAGE YOUR LOWER LEGS BY POINTING YOUR TOES UPWARDS. WHEN THE MUSCLES ARE FULLY ENGAGED, HOLD THEN RELEASE THEM.
9. FEEL THE WEIGHT OF YOUR LEGS RESTING AGAINST THE CHAIR. PRESS YOUR HEELS DOWN AND SQUEEZE YOUR THIGH AND CALF MUSCLES. FEEL THE TENSION IN THESE MUSCLES. PAUSE, THEN LET THE TENSION GO. THEN BREATHE OUT AS YOU RELEASE THESE MUSCLES.
11. GENTLY BRING ATTENTION TO YOUR ABDOMEN. TO TENSE THESE MUSCLES, IMAGINE DRAWING YOUR BELLY BUTTON TOWARDS YOUR SPINE. HOLD THEN ALLOW THIS AREA TO RELEASE AND SOFTEN.
12. BRING AWARENESS TO YOUR **HANDS**. CLENCH AND RELEASE YOUR FINGERS.
13. SHIFT YOUR ATTENTION TO YOUR **ARMS**. CURL YOUR WRIST TOWARD YOUR ABDOMEN. HOLD THEN RELEASE THEM.
14. RAISE YOUR **SHOULDERS** TOWARD YOUR EARS. HOLD THEM THEN ALLOW THEM TO SOFTEN AND DROP.
15. PULL YOUR SHOULDERS DOWN AND ELONGATE YOUR **NECK**. THEN RELEASE THE MUSCLES IN THIS AREA.
16. PUSH YOUR CHIN FORWARD, THEN RELEASE YOUR **JAW**.
17. WRINKLE YOUR **FOREHEAD**, SQUINT YOUR **EYES**, PURSE YOUR **LIPS**. HOLD THEN RELEASE THE MUSCLES.
18. NOW, FEEL THE PRESENCE OF YOUR ENTIRE BODY.
19. TAKE A FULL BREATH IN AND THEN SLOWLY LET IT OUT.
20. WHEN YOU FEEL READY, OPEN YOUR EYES.



ALWAYS LISTEN TO YOUR BODY | You should not feel any pain or cramping while completing this exercise. If you have physical differences or medical concerns that impact your movement or activity, please check with your doctor before trying this exercise.