# CALMING GROUNDING TECHNIQUESFor Anxiety & 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 it 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 **five things** you can **see** around you.
3. Name **four things** you can **feel**.
4. Name **three things** you can **hear**.
5. Name **two things** you can **smell**.
6. Give yourself a compliment or recite one **positive affirmation**!