






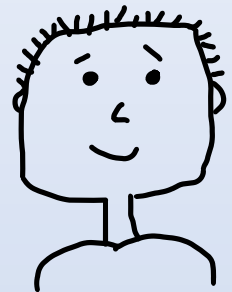
Keeping Calm

Calming or grounding techniques can be a really useful way to reduce heart rate and blood pressure when feeling worried or anxious...

5-4-3-2-1

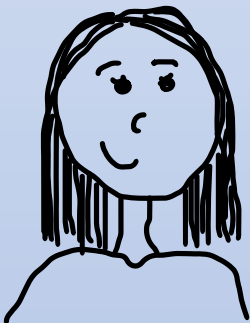
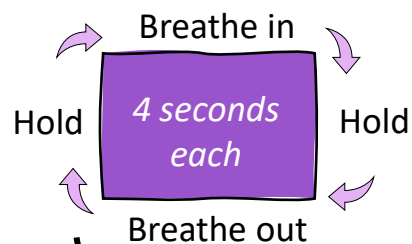
Take note of your senses by thinking of:

-  5 things you can see
-  4 things you can hear
-  3 things you can feel
-  2 things you can smell
-  1 thing you can taste



Square breathing

Think of a square and imagine the four sides:



4-7-8 breathing

Follow the sequence for relaxation:

