

FEELING ANXIOUS AND NEED TO CALM DOWN?

Try Deep Breathing



Square Breathing Technique:

- Slowly breathe **IN** while counting to four (4)
- **Pause**. Hold your lungs full of air while counting to four (4)
- Slowly breathe **OUT** while counting to four (4)
- **Pause**. Count to four (4) once again before breathing in again.

Colour Breathing Technique:

- Think about the most beautiful or relaxing colour you can imagine. Picture this shade flowing through your entire body as you breathe **IN**. Imagine yourself glowing in this colour.
- Now think about the most disgusting or alarming colour you can imagine. Picture this shade completely leaving your body as you breathe **OUT**. Imagine ridding yourself of every last bit of this colour.



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Try a Grounding Technique

54321 Grounding Technique

Find:

- 5 things you can **SEE**. Try to add a description to each item. Example: "brown chair"
- 4 things you can **TOUCH**. Reach out and notice the different textures, temperatures, and/or weights of each item.
- 3 things you can **HEAR**. Even if it's very quiet, you can usually hear your breath or heartbeat.
- 2 things you can **SMELL**. Sometimes this is difficult if your nose is stuffed up, but noting the lack of smell can be part of the exercise. Searching for this can be helpful.
- 1 Thing you can **TASTE**. The stronger the temperature and/or flavour, the easier this will be. Examples: ice water, hot tea/coffee, sour candy, mint gum, sweet chocolate, etc.



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