

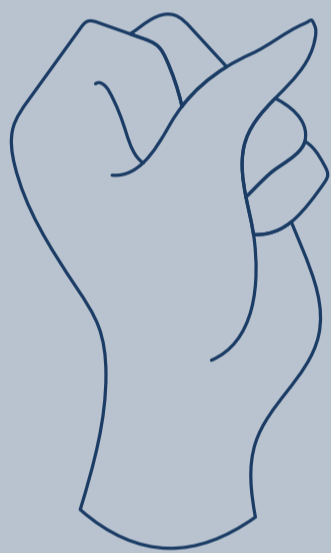
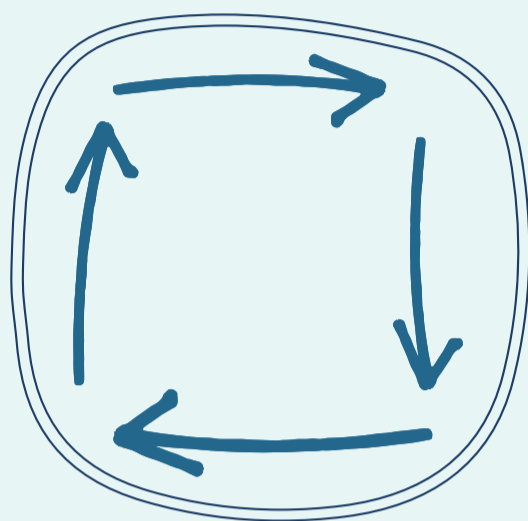
Anytime, Anywhere

Coping Skills

Simple coping skills that can be used when life gets overwhelming

BOX BREATHING

Breathe in while counting to four in your head. Hold your breath for a count of four. Exhale for a count of four. Repeat this four times. Breathing slows down your body and allows you to have some space between your thoughts and your reactions

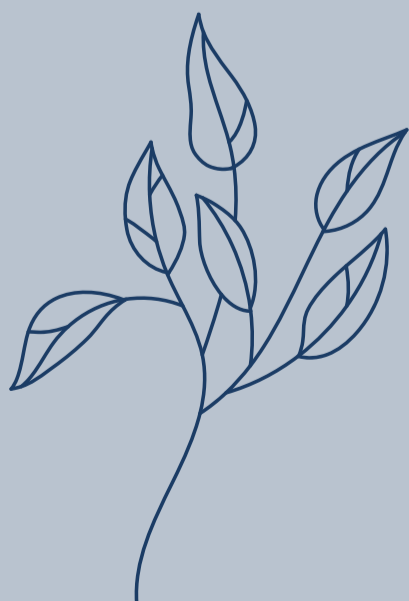


SQUEEZE & RELAX

Squeeze your thigh muscles for 10 seconds and relax. Squeeze your arm muscles for 10 seconds and relax. Squeeze your hands for 10 seconds and relax. Squeezing and releasing in a sequence sends a message to the brain and body that it's safe to relax

NOTICING

Count how many chairs are in the room. See if you can count how many blue cars you see. Notice how many colors are in a painting on the wall. Counting distracts us and stops us from mulling over our anxieties



GROUNDING

Name 5 things you can see
Name 4 things you can touch
Name 3 things you can hear
Name 2 things you can smell
Name 1 thing you can taste

This is a grounding tool that pulls focus away from our worries in our head and brings focus back to the world around us.

Raising Wellness

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