

HOW I CAN GROUND MY SELF



INHALE 4 COUNTS

This breathing exercise should be done slowly and intentionally; a normal breath will do.

HOLD 7 COUNTS

You can do this breathing exercise anywhere and anytime.



EXHALE 8 COUNTS

This exercise is designed to help you calm down and retrain your body and mind to stay grounded in the moment.

The exercise can be used when you catch your mind wandering or if you notice you're feeling anxious or overwhelmed.