

GROUNDING TECHNIQUES FOR BIG EMOTIONS



WE KNOW LIFE CAN GET STRESSFUL, THESE TECHNIQUES CAN HELP SOOTHE YOU IF YOU'RE FEELING OVERWHELMED



5,4,3,2,1: LOOK AROUND, CAN YOU NAME 5 THINGS YOU SEE? 4 THINGS YOU FEEL? 3 THINGS YOU HEAR? 2 THINGS YOU SMELL? 1 THING YOU TASTE?



BREATHING TECHNIQUES: TAKE A DEEP BREATH IN FOR 4 SECONDS, HOLD FOR 4 SECONDS, EXHALE FOR 4 SECONDS, REPEAT



PROGRESSIVE MUSCLE RELAXATION: SLOWLY TENSE AND RELEASE YOUR LIMBS, STARTING AT THE BOTTOM (YOUR FEET) AND WORKING YOUR WAY UP TO YOUR SHOULDERS



COLD THERAPY: RUN YOUR HANDS UNDER COLD WATER, OR SPLASH SOME COLD WATER ONTO YOUR FACE

