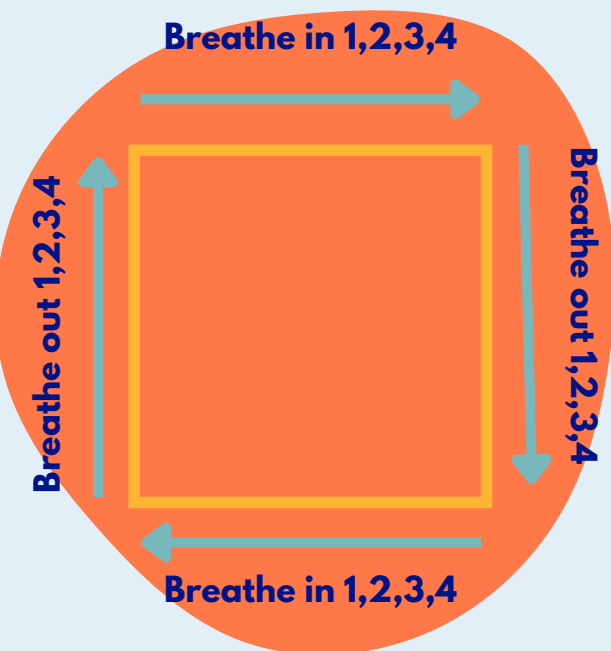
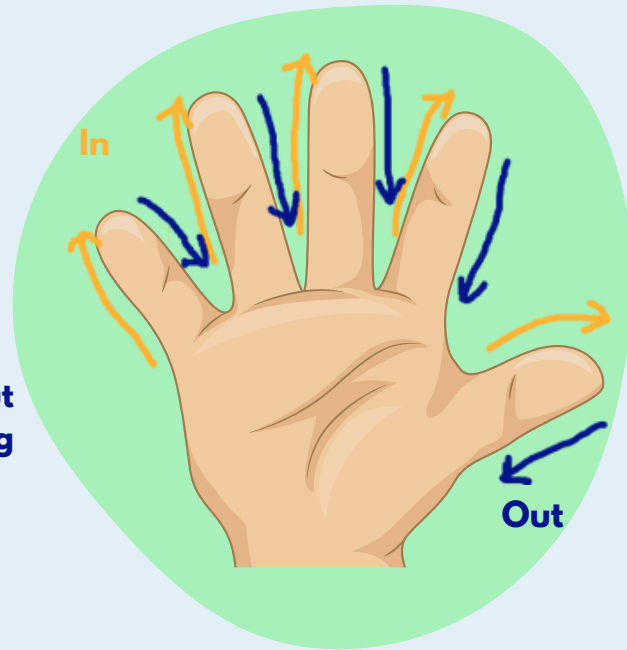


BREATHING AND GROUNDING TECHNIQUES

FINGER BREATHING

- Use your index finger to trace around the edge of your fingers on the opposite hand.
- As your finger traces up your first finger take a slow deep breath in and as you trace down the other side of your first finger take a slow deep breath out. repeat as you trace up and down your other fingers.
- You can repeat this as many times as you need to, but remember to trace each one slowly so you take a long breath in and out.



SQUARE BREATHING

- Imagine you are drawing a square with your finger in the air.
- As you draw the first side of the square, count slowly to 4 as you breathe in. Take a pause when you get to the corner.
- Draw your next side and this time count slowly to 4 as you breathe out. Take a pause when you get to the corner.
- Repeat the steps over again, until you have completed the final two sides of your square. Taking a pause when you reach a corner.
- You can go through the square several times if needed or trace the square on a table, paper or on your hand if this feels more helpful.



PROGRESSIVE MUSCULAR RELAXATION

- Tense, hold and relax the different muscles in your body, starting with your feet.
- It is best to do this technique whilst you are sitting or lying down. You can also close your eyes if this helps.
- Take a deep breath between tensing each muscle.
- Tense your feet, hold and relax. Letting your muscles feel loose. Then tense your feet once more, hold and relax.
- Then move on to tensing, holding and relaxing your other muscles such as your calves, thighs, stomach, shoulders, arms, hands and face. Do each one twice.



5, 4, 3, 2, 1 SENSES

- Look around the space you are in. Can you notice:
 - 5 things you can see
 - 4 things you can touch
 - 3 things you can hear
 - 2 things you can smell
 - 1 thing you can taste

MY CALM SPACE

- Take some deep breaths and close your eyes, if you are able to.
- Imagine your favourite calm or happy place e.g. the beach or a meadow.
- Think about what you would be able to see, hear and touch.
- Imagine how you would feel if you were actually there.
- Stay in your calm or happy space as long as you can or need to.

