

GROUNDING YOUR THOUGHTS

Everyone experiences stress, worry and overwhelm. Try these exercises that help your mind slow down and destress.

Fingertip Presses

Hold one hand out and slowly squeeze on each finger tip, one at a time, and repeat on the other hand. The process of creating a sensation brings your mind back from stress and overwhelm.



Five for Five

For this activity, look around and notice five things you can see, and take a moment to notice the detail in each. Do the same for smells you like, textures you can touch, things you can hear, and the tastes of five foods you love.



Square Breathing

This one is ideal for when you're in a busy environment. Inhale, while counting to four, and then hold that breath for another four seconds. Then exhale for four, and hold for four, before repeating the exercise.



Colour Spotting

Choose your favourite colour, and look around the room to spot things that are that colour. When you're done, move on to another colour. By giving yourself a different focus, you calm your thoughts.

