

Breathing Techniques

Finger Breathing

Finger breathing is a simple, calming technique where you trace your finger while breathing in and out. As you slowly run one finger along the outline of your other hand—breathe in going up a finger, and out going down—it helps focus your mind and regulate your breathing. It's great for reducing stress, calming anxiety, and bringing your attention back to the present moment. Easy, effective, and you can do it anywhere!

To start open up your hand so you can see your palm:



Now with the top of your finger from the opposite hand, slowly trace your fingers when breathing.



Breathe in and trace up the outside of your thumb 1, 2, 3. Breathe out and trace down the inside of your thumb 1,2,3

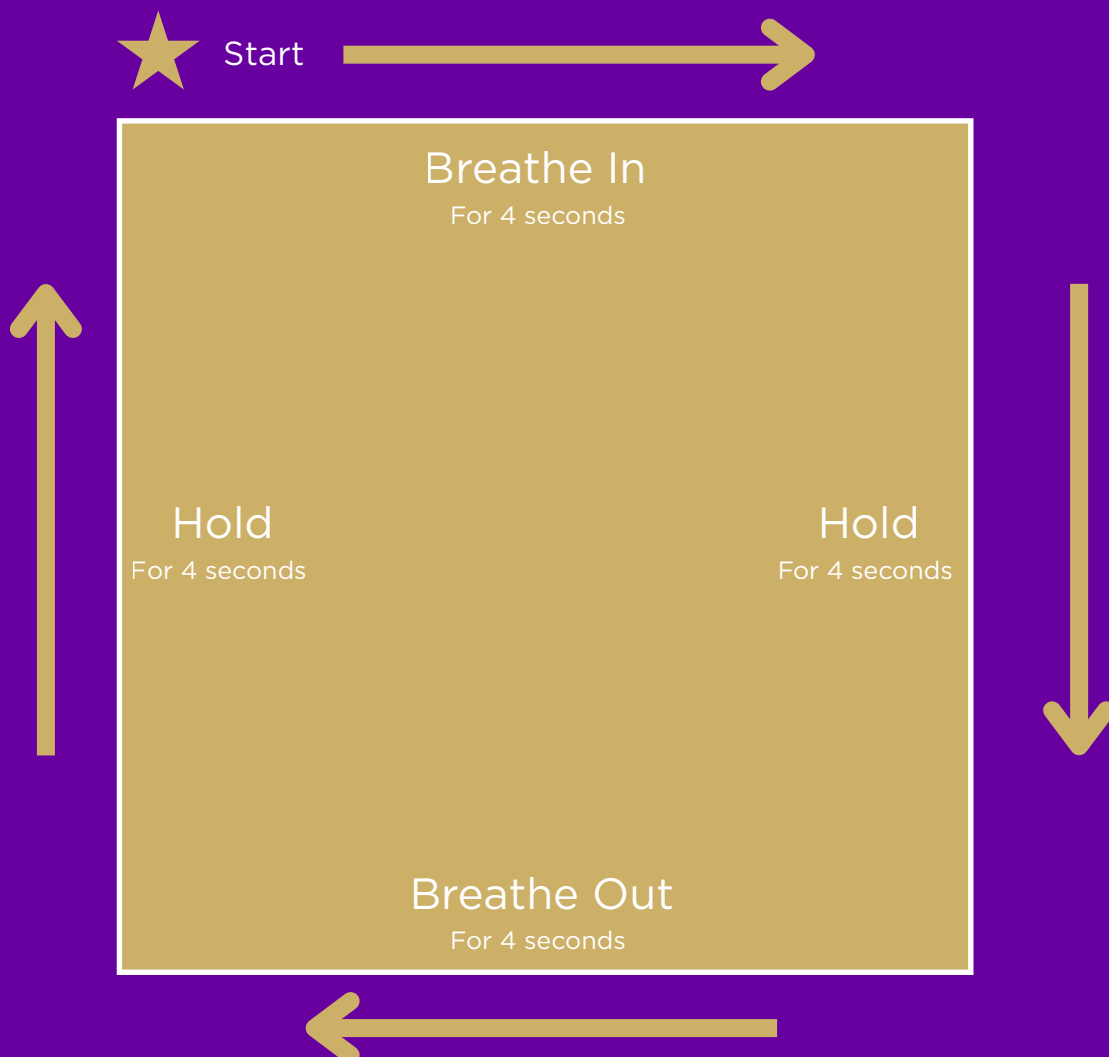


Repeat for all 5 fingers

Breathing Techniques

Box Breathing

Box breathing is a powerful breathing technique that involves inhaling, holding, exhaling, and holding again—all for equal counts (e.g., 4 seconds each). It helps calm the nervous system, improve focus, and reduce stress. By creating a steady rhythm, it brings balance to your body and mind, making it a great tool for managing anxiety, grounding yourself, or preparing for a challenging task.



Grounding Techniques

5,4,3,2,1

The 5-4-3-2-1 grounding technique is a simple way to bring your mind back to the present when you're feeling overwhelmed or anxious. It helps shift your focus away from anxious thoughts and into your body and surroundings, making it a powerful tool for calming the mind and reducing anxiety. Look around you and notice what's around by Naming:



5 things you can see around you



4 things you can touch around you



3 things you can Hear around you



2 things you can smell around you



1 things you can taste

Grounding Techniques

Circle of Control

The Circle of Control is a helpful tool for managing stress and anxiety. By shifting your energy to the things within your control, you feel more empowered, less overwhelmed, and better able to cope with challenges. It's a great way to build resilience and stay grounded.

