

Breathing Exercises-Activates your parasympathetic nervous system which sends a message to your brain to tell the anxious part that you are safe and the fight or flight response isn't needed. This regulates an overactive nervous system and helps you to calm down.

Star Breathing: Tracing your fingers on your hand, inhale as you trace up the finger and exhale as you trace down.



Breathing Exercises-Activates your parasympathetic nervous system which sends a message to your brain to tell the anxious part that you are safe and the fight or flight response isn't needed. This regulates an overactive nervous system and helps you to calm down.


Figure 8 Breathing: Tracing the figure eight with your finger, inhale as you trace one side up and around, exhale as you trace the other side up and around. You can also do this on the palm of your hand.



Breathing Exercises-Activates your parasympathetic nervous system which sends a message to your brain to tell the anxious part that you are safe and the fight or flight response isn't needed. This regulates an overactive nervous system and helps you to calm down.

Full Belly Breath: Hold your hands on your stomach, inhale through your nose until your belly is full with air. When it feels full take one more little breath at the top, then fully exhale through your mouth. Repeat as needed.





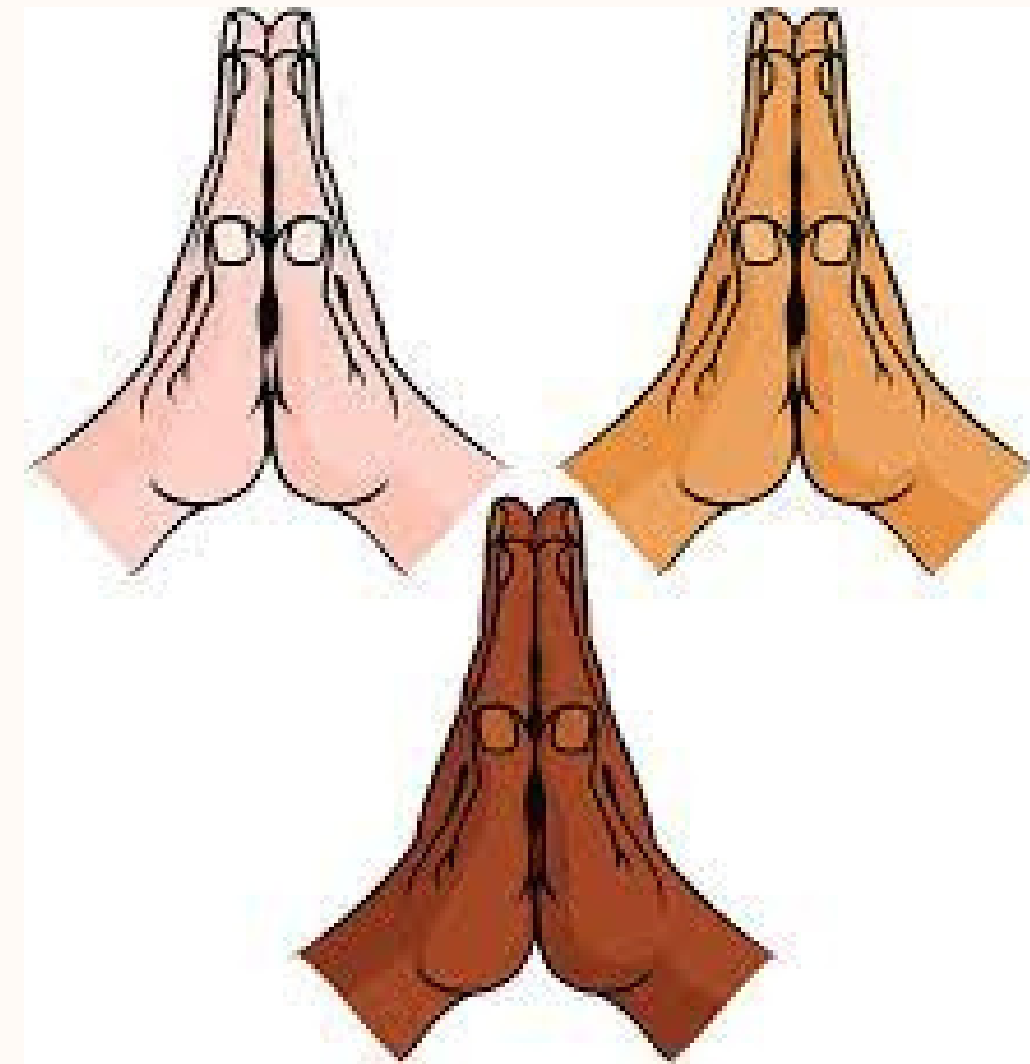
Grounding Exercises-Use our senses to bring us back to the present moment and back into our bodies. Brings the attention away from negative thoughts. Helps us to feel centered or grounded when we are overwhelmed.


5-4-3-2-1 Check-In: Name 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, and 1 thing you can taste. It can also be helpful to imagine something you like to smell or taste if there isn't something present.



Grounding Exercises-Use our senses to bring us back to the present moment and back into our bodies. Brings the attention away from negative thoughts. Helps us to feel centered or grounded when we are overwhelmed.

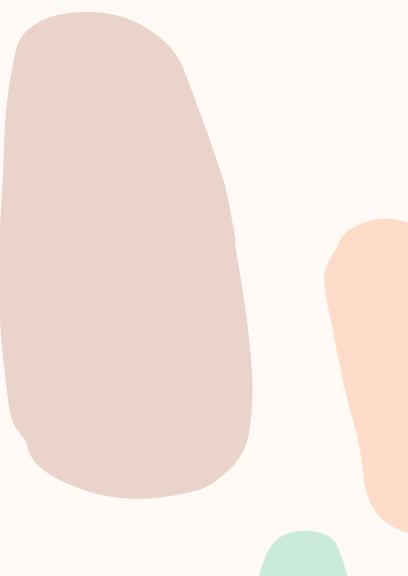
Hand Press: With your hands open, squeeze your palms together as hard as you can for 5 seconds then release. Repeat as needed.





Grounding Exercises-Use our senses to bring us back to the present moment and back into our bodies. Brings the attention away from negative thoughts. Helps us to feel centered or grounded when we are overwhelmed.


Self-Hug: Wrap your arms around yourself to give yourself a hug. Gently squeeze up and down your arms.



Bilateral Stimulation-Encourages communication between the two sides of our brain (thinking and feeling). This helps to activate your parasympathetic nervous system to support relaxation.

Butterfly Hug: Cross your arms over your chest with your palms facing in. Alternate tapping your chest with each hand as you breathe in and out.





Bilateral Stimulation-Encourages communication between the two sides of our brain (thinking and feeling). This helps to activate your parasympathetic nervous system to support relaxation.

Rocking: Sitting on the ground with your legs crossed, gently rock back and forth from left to right while taking deep breaths.

