

54321 COPING METHOD

for anxiety, stress, or any overwhelming emotion

begin by taking a few deep breaths...

↑ inhale through your nose
for 5 seconds

↓ exhale through your mouth
for 7 seconds



Identify **5** things that
you can **SEE**

(a crack in the ceiling, a bird
outside your window, etc.)



Identify **4** things that
you can **FEEL**

(hair on the back of your neck,
shoes squeezing your feet, etc.)



Identify **3** things that
you can **HEAR**

(cars driving down the street,
hum of a computer, etc.)



Identify **2** things that
you can **SMELL**

(coffee, candle, etc.)



Identify **1** thing that
you can **TASTE**

(tea, toothpaste, etc.)



Identify **1** thing that
you are **GRATEFUL** for

(this can be anything!)

take another few deep breaths...

↑ inhale through your nose
for 5 seconds

↓ exhale through your mouth
for 7 seconds



SEA GLASS
mental health

This is a very helpful exercise to try when you feel as though you are losing control or are experiencing any overwhelming emotion. It is a grounding exercise so it helps ground you into the present moment by using your 5 senses. You are no longer focused on the past, the future, your thoughts or your emotions (the internal) but rather the neutral (and often pleasant) environment around you (the external). This mindfulness exercise helps to ground you into the "here and now". You can practice this almost anywhere and almost anytime and you can expect to feel relief from whatever it may be that is stealing your peace. Try this the next time you want to hit "refresh" and want to feel more in control of your body, your mind and your life.