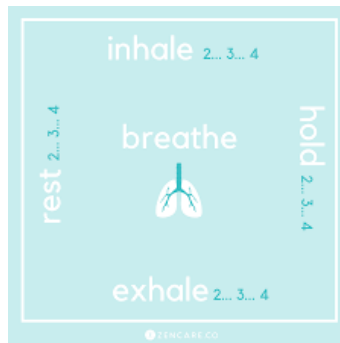


Managing Anxiety

Box Breathing



Step 1: Slowly inhale

Inhale slowly and deeply through your nose to the count of four.

Step 2: Hold your breath for another slow count of four.

Step 3: Slowly exhale

Exhale through your mouth for the same slow count of four, expelling the air from your lungs and abdomen.

Step 4: Rest for 4 seconds. Neither inhale, nor exhale. Then, repeat.

The Grounding Chair

Sit down in a comfortable chair, one where your feet reach the floor. Close your eyes and focus on your breath. Breathe in slowly for the count of three, then out slowly. Bring your mind's focus to your body. How does your body feel sitting in that chair? Sit right into the back of the seat so the whole length of your back is pressing into the back of the chair.

Can you feel the contact between your body and the chair's surface? If the chair has arms, touch it, is the material smooth or textured? Press your arms down the length of the chair arm, notice how your hands hang off the end. If your chair doesn't have arms, touch the material on the seat, how does that feel?

Push your feet into the ground, imagine the energy draining down from your mind, down through your body and out through your feet into the ground. Picture the energy as a colour leaving your body. Feel the heaviness of the energy go down your legs, through your feet and down into the ground.



Try the 5-4-3-2-1 method

Working backward from 5, use your senses to list things you notice around you. For example, you might start by listing five things you hear, then four things you see, then three things you can touch from where you're sitting, two things you can smell, and one thing you can taste.

Make an effort to notice the little things you might not always pay attention to, such as the colour of the flecks in the carpet or the hum of your computer.



Do a Guided Mindfulness Meditation, or try Mindfulness with an Object

Pick up an object around you. Hold it in your hands, close your eyes and take time noticing how the object feels. Feel the texture of the object, is it smooth, rough? Does it feel warm or cool? How heavy is the object?

Open your eyes, notice how the object looks. What colour is the object? Does it reflect the light? Is it different shades? How does the object sound if you tap your finger against it? Does the Object smell of anything, is it pleasant, unpleasant?

If the object is edible, how does the object taste? What is the object's texture in your mouth?



Alternatively, search YouTube for a guided mindfulness practice you enjoy.

Release some Anxious Energy

Particularly if you are struggling with the above techniques, get your body moving and release some energy! Go for a brisk walk or run, do star-jumps, dance around listening to music, or do some cleaning. Stand up and shake out each limb of your body. Push your hands into the wall and press your strength into it.

