

5 – 4 – 3 – 2 – 1

Grounding Technique

Acknowledge 5 things you can see around you.



Acknowledge 4 things you can touch around you.



Acknowledge 3 things you can hear around you.



Acknowledge 2 things you can smell around you.



Acknowledge 1 thing you can taste around you.



Diaphragmatic breathing

Step 1 – Find a comfortable position, this can be either sitting or lying.



Step 2 – Place one hand on your chest and one on your stomach.



Step 3 - Take a slow, deep breath in through your nose, allowing your stomach to expand as you inhale. Hold for at least 2 seconds.



Step 4 – Purse your lips and exhale slowly, letting your belly relax back towards your spine.



Step 5 - Repeat this for several minutes, focusing on the sensation of your breath moving in and out of your body.



DISTRESS TOLERANCE SKILL

TIPP

T: TEMPERATURE

Splash your face with cold water, a cold shower, hold an ice cube or ice pack

I: INTENSE EXERCISE

Do some intense exercise: Jumping jacks, push-ups, intense dancing

P: PACED BREATHING

Try box breathing: Inhale for 4 seconds, hold for 4 second, and exhale for 4-6 second

P: PAIRED MUSCLE RELAXATION

Focus on one muscle group at a time and tighten the muscle as much as you can for 5 seconds and let go.



Things I can do when I need to

CALM DOWN



NAME MY FEELINGS



DEEP BREATHING



WRITE A LETTER



IMAGINE A QUIET PLACE



CHILD POSE



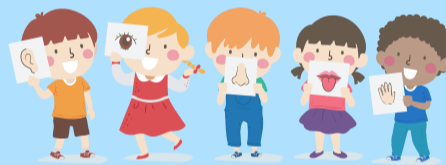
DRINK WATER



WARM BATH



RUN



5-4-3-2-1
GROUNDING
TECHNIQUE



HUG



PAINT



BLOW BUBBLES



SMELL MY FAVOURITE SCENT



SQUEEZE SOMETHING



LISTEN TO MUSIC

100

99

98

COUNT BACKWARDS



EXPLORE NATURE



PRESS AND RELEASE PALMS TOGETHER



WATCH FISH



NOISE CANCELLING HEADPHONES



PLAY WITH A PET



HUG A TOY



WRAP UP IN A BLANKET



COUNT HEARTBEATS

DISTRESS TOLERANCE SKILLS

WISE MIND ACCEPTS



ACTIVITIES

TRY BEING PHYSICALLY ACTIVE TO MINDFULLY DISTRACT:

INTENSE EXERCISE (EX. JUMPING JACKS, INTENSE DANCING), HOBBIES, CHORES, LISTENING TO MUSIC, PLAYING BOARD GAME



CONTRIBUTING

HELPING OTHERS OR DOING SOMETHING NICE FOR OTHERS CAN HELP US FEEL GOOD WHILE ALSO BE DISTRACTING:

BUYING A SMALL GIFT FOR SOMEONE, VOLUNTEERING, WRITING A LETTER FOR SOMEONE, REACHING OUT TO FAMILY/FRIENDS



COMPARISON

COMPARE YOUR CURRENT SITUATION WITH WHEN IT WAS WORSE TO REGAIN GRATITUDE

TELL YOURSELF " THIS IS REALLY HARD BUT I'VE BEEN IN OTHER DIFFICULT SITUATIONS AND I GOT THROUGH IT"



EMOTIONS

TRY DOING SOMETHING THAT IS OPPOSITE TO YOUR EMOTIONS:

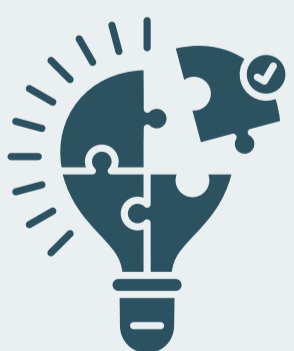
WATCH A FUNNY VIDEO WHEN SAD, GOING INTO A CALM ROOM WHEN ANXIOUS, UPLIFTING MUSIC WHEN FEELING LOW



PUSHING AWAY

PUT AWAY THOUGHTS THAT DON'T SERVICE YOU IN A BOX

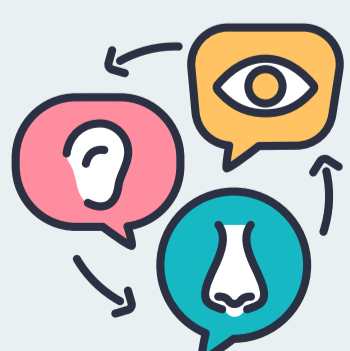
SAY TO YOURSELF " IM NOT GOING TO THINK ABOUT THIS AT ALL FOR 15 MINUTES, WRITING ON PAPER AND SHREDDING IT



THOUGHTS

DOING THINGS THAT INVOLVE DIFFERENT THINKING TO DISTRACT YOUR MIND AND HELP YOU PROCESS YOUR STRESS:

COUNTING DOWN BY 7 IN YOUR HEAD, COUNTING TILES IN CELING, PUZZLE



SENSATION

USE INTENSE PHYSICAL SENSATIONS:

SQUEEZING STRESS BALLS, TAKING VERY HOT/COLD SHOWERS, BITING INTO LEMONS, FRESH SCENTS,