

Grounding & Mindfulness Exercises for Anxiety

Simple Techniques to Help Calm the Mind and Body

1. 4-7-8 Breathing

The 4-7-8 breathing technique helps reduce stress and promote relaxation. Try this when you need to calm your body and mind.

- **Inhale** through your nose for a count of 4.
- **Hold** your breath for a count of 7.
- **Exhale** slowly through your mouth for a count of 8.
- **Repeat** this cycle 4 times.

Tip: Try this before bed for a peaceful night's sleep or anytime you feel anxious.

2. Body Scan

The body scan helps you tune into your body and release tension. Start at your toes and move upward, paying attention to each area.

- **Step 1:** Begin by focusing on your feet. Notice how they feel—do you feel any tension or tightness?
- **Step 2:** Slowly move your attention up through your body (ankles, calves, knees, etc.), and consciously relax each part.
- **Step 3:** If you find any areas of tension, take a deep breath and imagine releasing that tension with each exhale.

Tip: You can use this technique anytime you feel stress building up, even if you're sitting at your desk or lying in bed.¹

3. Grounding through the Feet with Affirmations

This exercise helps you feel more present and rooted. It can be especially helpful during moments of anxiety.

- **Step 1:** Sit comfortably and press your feet firmly into the floor.
- **Step 2:** Focus on the sensation of your feet touching the ground. Feel the support of the earth beneath you.
- **Step 3:** Repeat one of the following affirmations (or create your own):
 - "I am grounded, safe, and supported."
 - "With each breath, I release tension and embrace calm."
 - "I am here, I am present, and I am in control."
 - "I am rooted in this moment, feeling calm and secure."
 - "I trust myself and my ability to handle this."

Tip: Use this exercise when you need to feel more centered or to reduce anxiety in overwhelming situations.

Remember: You can practice these exercises anytime throughout your day. The more often you use them, the more they can help manage anxiety and create a sense of calm and presence.