

5-4-3-2-1 Mindfulness/ Grounding

5 Things you can see: Your hands, the sky, a plant on your colleague's desk

4 things you can physically feel: Your feet on the ground, a ball, your friend's hand

3 things you can hear: The wind blowing, children's laughter, your breath

2 things you can smell: Fresh-cut grass, coffee, soap

1 thing you can taste: A mint, gum, the fresh air

How to do Box Breathing

1. Step 1: Breathe in counting to four slowly. Feel the air enter your lungs.
2. Step 2: Hold your breath for 4 seconds. Try to avoid inhaling or exhaling for 4 seconds.
3. Step 3: Slowly exhale through your mouth for 4 seconds.
4. Step 4: Repeat steps 1 to 3 until you feel re-centered.

Belly Breathing

To practice belly breathing, sit down in a comfortable chair, sit up straight and put your hands on your belly or if it's more comfortable you can lay down. Close your mouth and take a slow, deep breath in through your nose. When you breathe in, you want your belly to fill with air and get bigger like a balloon.

Pick a Color

Pick a color. How many things in different shades of that color can you see around the room or out of the window? Still feeling stressed? Pick another color.

Counting

Pick an item in the room and count the parts/ number of items, etc.