

# RELAXATION TECHNIQUES

## 4x4x4 BREATHING

Place one hand on your chest and the other just below your rib cage.

Breathe in slowly through your nose so your stomach pushes against your hand. The hand on your chest should remain still.

Inhale for count of 4.

Hold your breath for a count of 4.

Breathe out slowly through your mouth so your stomach deflates against your hand. Imagine you are breathing out through a straw.

Exhale for count of 4.

## GROUNDING TECHNIQUES

### 5-4-3-2-1 TECHNIQUE

- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

### BODY AWARENESS

- Curl and uncurl your toes.
- Clench and unclench your fists.
- Rub your hands together.
- Rub your hands over your shoulders.
- Tap your hands on your thighs.
- Notice your breathing.

### MENTAL EXERCISES

- Name items in a category (countries, fruit)
- Recite the steps in an activity (preparing a meal)
- Count backwards from 100 by 7
- Read something backwards, letter-by-letter

**TIP: Touch your lips! We have nerve fibers in our lips that can stimulate the relaxation response when touched.**