Healthy Coping Strategies for Immediate Relief

Calming Techniques You Can Use Anywhere...

when you're overwhelmed by big emotions (stress, anger, fear, sadness, panic)

1) Breathe...

Box Breathing 4-7-8 Breathing Hold Inhale through Exhale through Exhale **HOLD** vour Nose vour Mouth Start Here 4 Seconds seconds seconds seconds Start Each Here Repeat 4-8 Times Inhale Hold

2) Focus...

5-4-3-2-1 **Grounding**

Connect with the Present by Exploring the Five Senses



Progressive Muscle Relaxation

