

Calm down

with take 5 breathing

This is a sensory-tactile way to soothe yourself quickly, helping to override all those unhelpful thought cycles that are making you anxious.

- Stretch your hand out like a star and turn your palm to your face
- Trace the edges of one hand with your opposite hand's pointer finger
- Breathe in as you trace up toward the tip of your finger, pause at the top for a few breaths
- Trace down your finger as you breathe out and pause again at the bottom
- Breathe in through your nose, out through your mouth
- Repeat until you have traced all your fingers on one hand.



How do you feel now?
Are you calm or would you like to take another 5 breaths?

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