

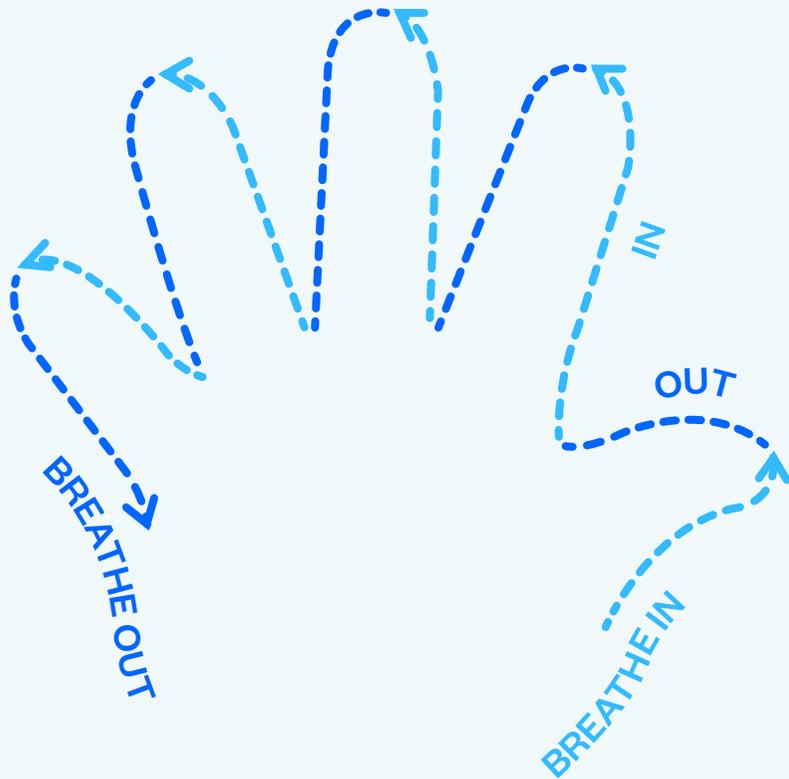
# Breathe It Through

These activities can ground us when we feel panicky, worried, or when it's all just getting a bit much.

# Find Your Calm

Stretch your fingers as wide as you can.

Take slow deep breaths in and deep breaths out as you trace around each finger.



Take your time with it.

You might find it helpful to close your eyes whilst breathing through.

When you're feeling panicky or finding things overwhelming, it can help to name:

5

5 things you can see.

4

4 things you can hear.

3

3 things you can touch.

2

2 things you can smell.

1

1 thing you can taste.