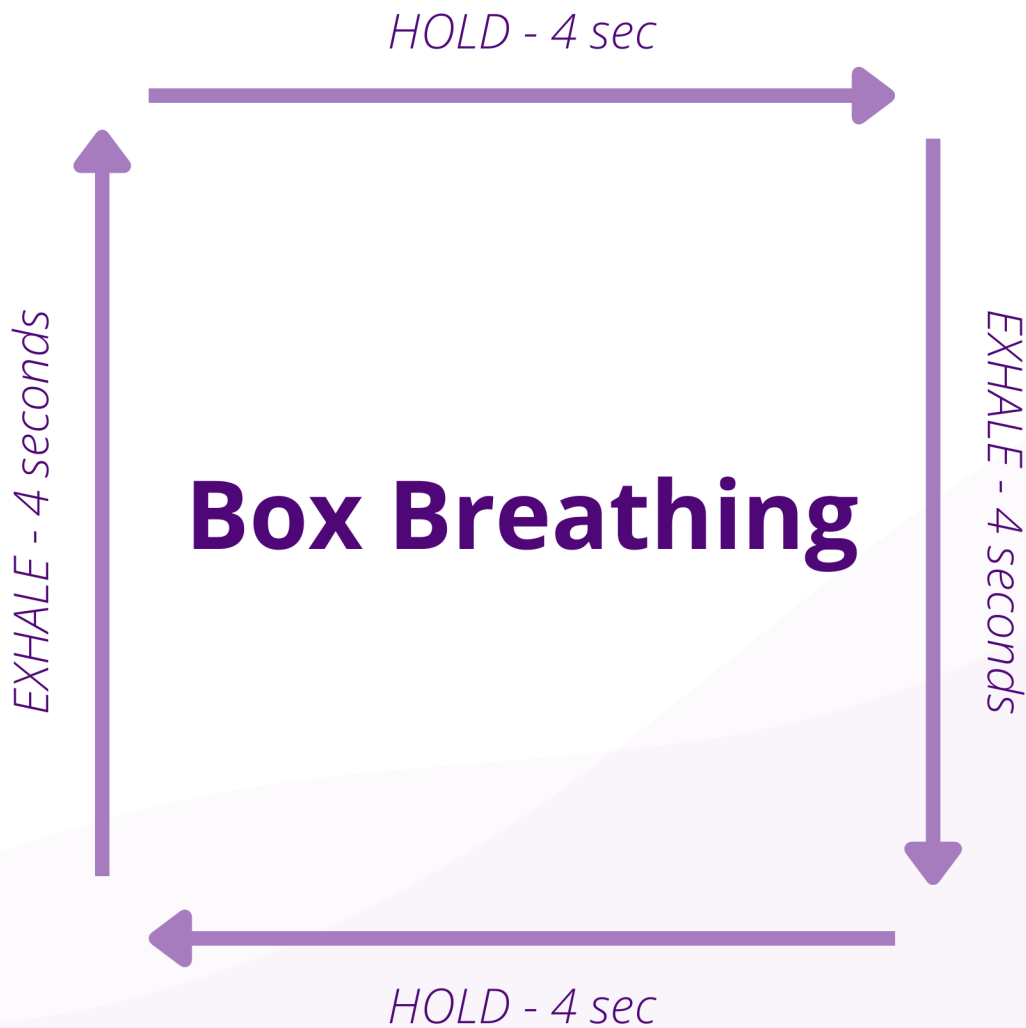


## Coping Skills and Techniques

### Breathing Techniques:

#### **Box Breathing**

Find a real square or imagine one. Begin by tracing the length of the side of the square while breathing in, counting to 4. Breathe out on a count of 4 while tracing the next side until you reach the corner. Repeat process all around the square, and continue as long as needed.



## Take 5 Breathing

1. Stretch your hand out like a star.
2. Get your pointer finger ready to trace your fingers up and down.
3. Slide up each finger slowly - slide down the other side.
4. Breathe in through your nose - out through your mouth.
5. Put it together and breathe in as you slide up and breathe out as you slide down. Keep going until you have finished tracing your hand.



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

## Grounding Techniques:

Grounding techniques are used to bring yourself back into the moment when overwhelmed or experiencing racing thoughts. These allow you to get to a point where you can think more clearly or use additional skills for relief.

### **54321 Grounding Exercise**

Name **5** things that you can see.

Feel **4** things around you.

Identify **3** things that you can hear.

Identify or smell **2** things.

**1** thing you can taste, or name **1** thing positive about today.

**5** things you can *see*

**4** things you can *touch*

**3** things you can *hear*

**2** things you can *smell*

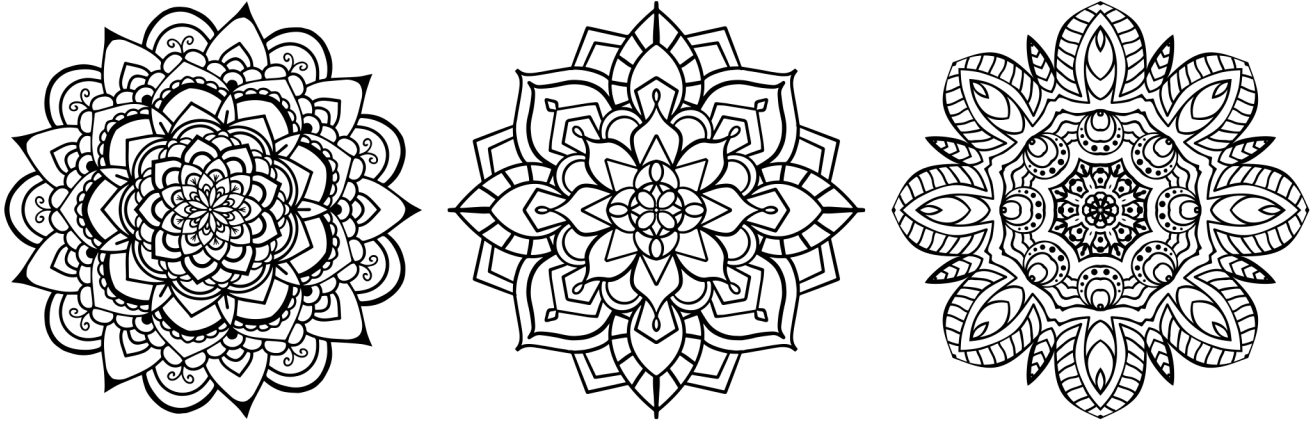
**1** thing you can *taste*

## Relaxation Techniques:

### **Coloring Mandalas**

In western culture, mental health counselors often use mandalas as a form of stress relief, a tool for art therapy, and as a meditative exercise.

*(Coloring pages are available at [www.artemiscenter.org/resources](http://www.artemiscenter.org/resources))*



### **Create Your Own Zen Zone**

Find a place in your home that can be dedicated solely for relaxation, big or small, and technology free (maybe have music or calming sounds). Identify items that are calming for each of your senses. Use this space regularly to unwind, practicing regular relaxation can be preventative to stress as well.

