

4 - 7 - 8 Breathing Technique

This is a breathing exercise that can be done anywhere, anytime to aid in stress reduction, grounding, and even sleep.

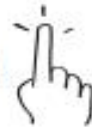


Take a deep breath and...

- Name **FIVE** things you see around you.



- Name **FOUR** things you can touch around you.



- Name **THREE** things you hear.



- Name **TWO** things you can smell.



- Name **ONE** thing you can taste.



Grounding With Your Five Senses