CALMING TECHNIQUES

'4-7 Breathing'

Breathing in for four seconds and out for seven, which helps make sure we're not taking in too much oxygen and brings us out of 'Fight or Flight' mode.

'5, 4, 3, 2, 1'

Noticing five things you can see, four things you can feel, three things you can hear, two things you can smell and one thing you can taste. This helps ground us in the present moment.

Distraction

This can help take our thoughts away from the thing that's making us anxious. An example might be counting back from 100 in multiples of 7.