

Ground yourself in the present moment

5,4,3,2,1 - This technique is distracting your mind and bringing your attention to the present. Notice:

- 5 things you can see,
- 4 things you can hear,
- 3 things you can feel,
- 2 things you can smell
- 1 thing you can taste.

If this is hard to remember then change it to suit you, for example - try two things you can see, two you can hear, two you can feel and so on.

Box Breathing -

Breathe in for the count of 4 as you slowly trace up one side of the box, hold it for 4, breathe out as you trace it down again for 4, and hold it for 4. Bringing your attention to your breath

