

De-stress Activities

If you feel the warning signs of panic, grounding can help the body fight off the flight or fright feelings. Try to focus all of your thoughts on slowly following the directions to the right.

Apps on your phone can help. Here are three free apps that can help with stress relief. Ask your parents before downloading anything.

Breath2Relax

Mindshift

Calm

Grounding Exercise

Look around and name:

- 5 Things you can **see**
- 4 Things you can **feel**
- 3 Things you can **hear**
- 2 Things you can **smell**
- 1 Thing you can **taste**

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Breathing exercises can slow your heart rate and help the stress leave your body. Try this as an example, but you can also use whatever count you want.

1. Breathe in for a slow count of four.
2. Hold your breath for a count of four.
3. Breathe out for a count of four.
4. Relax for a count of four and breathe normally.
5. Repeat several times until you feel relaxed

Visualization

1. Take a few seconds to think about a place where you feel happy and relaxed. It could be a vacation spot, your room, your backyard or even a totally made up spot.
2. You can close your eyes or leave them open.
3. Slowly visualize everything about that place. What do you see? What do you hear? What do you smell? Imagine every little detail of this place replacing your stressful and anxious thoughts.

