

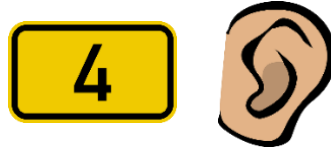
## Grounding techniques for panic attacks

Name 5 things...

Name 5 things you can see



Name 4 things you can hear



Name 3 things you can touch



Name 2 things you can smell



Name 1 thing you can taste



### Rectangle breathing

Trace your finger around the rectangle, breathing in on the short sides and breathing out on the longer sides. This will help to slow down breathing and prevent hyperventilating. Touching the image with a finger also helps to ground you.



## Leaf breathing



## Slow Roller Coaster

Use the index finger of one hand to trace along the fingers of the other hand, imagining the fingers are like the ups and downs on a roller coaster. Breathe in as

you trace up the finger and breath out as you trace down. Take it slowly like a gentle and slow roller coaster ride.

