



Breathwork & Grounding Techniques

These simple, trauma-informed practices can help you regulate your nervous system, manage anxiety, and feel more present in your body. Practice them daily or whenever you feel overwhelmed, disconnected, or emotionally activated.

1. 4-7-8 Breathing Technique

- Inhale through your nose for 4 seconds
- Hold your breath for 7 seconds
- Exhale slowly through your mouth for 8 seconds

Repeat for 4 to 5 rounds to activate the parasympathetic nervous system and calm the mind.

2. 5-4-3-2-1 Grounding Technique

Use your senses to ground in the present moment:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

This technique helps reduce anxiety and reconnects you with your environment.

3. Feet on the Ground

Sit in a chair with both feet flat on the ground. Close your eyes and take slow, deep breaths.

Imagine your feet are rooted into the earth like tree roots. With each inhale, draw in calm. With each exhale, release tension.

Repeat for 3 to 5 minutes or until you feel more stable and centered.

4. Tapping (Emotional Freedom Technique)

Gently tap on key meridian points (such as your collarbone, side of hand, or under your eye) while breathing deeply.

Repeat affirming phrases like, 'I am safe in my body' or 'I am grounded in this moment.'

This can reduce anxiety, stress, and physical tension.