

Techniques to help you ease feelings of anxiety

The 5-4-3-2-1 grounding technique

TO RETURN TO THE HERE AND NOW

Try the 5-4-3-2-1 technique to return to the present moment when your mind is racing with anxious thoughts. Give it a go and see how it works for you:

- Select 5 things you see around you, such as objects or people, and countdown;
- Name 4 things you can touch, such as your hair or clothing;
- Acknowledge 3 things you can hear, such as your belly rumbling;
- Note 2 things you can smell, such as your perfume;
- Identify 1 thing you can taste, such as what you just ate.

The 4-7-8 breathing technique

TO RELIEVE TENSION

Did you know that by controlling our breath, we can calm our nervous system? Do the 4-7-8 breathing technique twice a day and you'll start to notice a calmer body and mind in your daily life:

- Breathe in gently for 4 counts through your nose;
- Hold your breath for 7 counts;
- Exhale for 8 counts.
- Repeat this sequence 4 times before returning to your normal breathing.

Do you prefer a demonstration of these exercises? [Click here for a video demonstration with OpenUp psychologist Paul.](#)