

SKILL RESOURCE



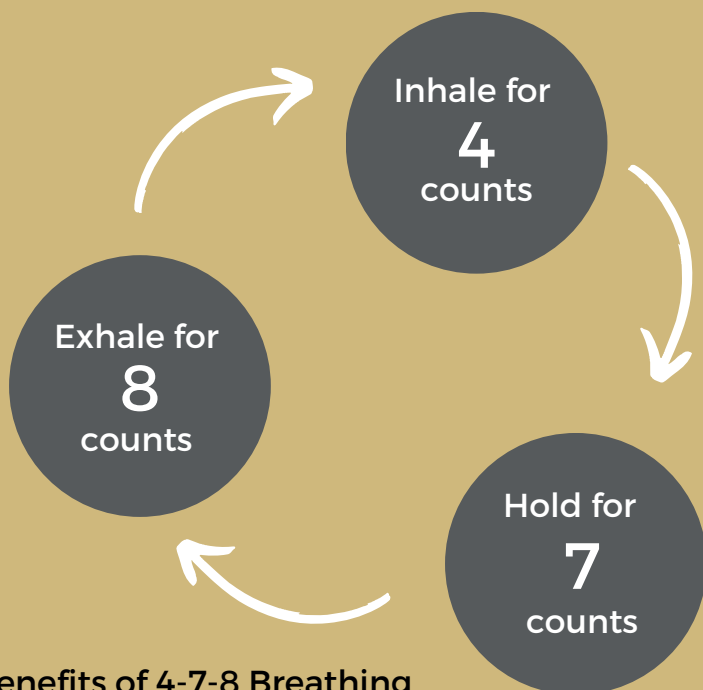
CARE Team

UNIVERSITY OF COLORADO
COLORADO SPRINGS

to help you stay grounded



4-7-8 Breathing



Benefits of 4-7-8 Breathing

1. Balances your mind and body
2. Reduces stress and anxiety
3. Can help you fall asleep faster

Use Math & Numbers

Even if you aren't a math person, numbers may help center you.

Try:

- Running through a times table in your head
- Counting backward from 100
- Choosing a number and thinking of five ways you could make that number

In Case of an Emergency:

- Please call UCCS Police at 719-255-3111
- Please call the National Suicide and Crisis Lifeline at 988
- Please call 911

Progressive Muscle Relaxation (PMR)

- 1 Choose a quiet place and set aside about 15-20 minutes for this exercise.
- 2 You'll squeeze your muscles from the feet to your head: feet, legs, hands, arms, buttocks, stomach, chest, shoulders, neck, mouth, eyes, and forehead.
- 3 Focus on the first target muscle group. Take a slow, deep breath in and tense (squeeze) the muscle group, holding it for 5-10 seconds.
- 4 Focus on the difference between the tensed muscle and the relaxed muscle.
- 5 Relax for 10-20 seconds before moving onto the next muscle group.
- 6 Once you finish, count backwards from 5 to 1 to bring your focus back to the present.

! Don't tense your muscles too hard! You shouldn't feel any pain or cramping during the exercise.

The 5 Senses Grounding Technique

- 5 **Five things you can see**
(a desk, a chair, a laptop, etc.)
- 4 **Four things you can feel**
(your shirt, your hair, the chair you sit on, etc.)
- 3 **Three things you can hear**
(traffic noise, your kids, TV, etc.)
- 2 **Two things you can smell**
(hand soap, perfume, a flower, etc.)
- 1 **One thing you can taste**
(a sip of coffee, a dessert, etc.)