

ART OF BEING us



We all feel overwhelmed sometimes, so here are a few ways to take care of yourself when it hits.

1) Box breathing

Breathe in for 4 seconds, hold for 4, breathe out for 4, hold for 4. Repeat until you feel calmer.



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

A simple way to calm your mind by focusing on your senses. Name 5 things you can see, 4 you can hear, 3 you can touch, 2 you can smell, and 1 you can taste.



3) Palm press

Press your palms together in front of your chest and hold firmly for 10 seconds while breathing slowly, then let go. This helps your body release tension.



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