



GROUNDING TECHNIQUE: MINDFUL BREATHING

1

Find a comfortable position: Sit in a chair with your feet flat on the floor or lie down on your back, whichever is more comfortable for you

2

Close your eyes gently or focus on a fixed point: This helps to minimize distractions and allows you to direct your attention inward

3

Take a deep breath in through your nose: Inhale slowly and deeply, counting to four as you fill your lungs with air. Feel your abdomen expand as you breathe in

4

Once you've inhaled completely, hold your breath for a count of four. During this pause, focus on the sensation of the breath within your body

5

Exhale slowly through your mouth: Release the breath slowly, counting to four as you exhale. Pay attention to the sensation of the breath leaving your body

6

Repeat the cycle: Continue this pattern of breathing—inhaling for a count of four, holding for a count of four, and exhaling for a count of four. Take your time and maintain a relaxed pace

7

Stay present and mindful: As you engage in this breathing exercise, try to keep your attention on the physical sensations of breathing. If your mind wanders, gently guide your focus back to your breath