

# 5-4-3-2-1 - Reduce Anxiety for Adults and Young adults






*When anxiety threatens our peace of mind, it can be difficult to stay in the moment. But one mindfulness tool used by multiple psychologists has the potential to pull our brains free from the anxiety by grounding us in the present.*

- 1.** Start with conscious breathing. Breathe in for 5 seconds, hold the breath for 5 seconds, and breathe out for more than 5 seconds. Continue this pattern until you find your thoughts slowing down.
- 2.** Slow, deep, long breaths can help you maintain a sense of calm or help you return to a calmer state. Once you find your breath, go through the following steps to help “ground” yourself:

This technique is one of many options you could use if you are feeling anxious or overwhelmed. If you continue to have trouble refocusing or coping with these feelings, please reach out to your doctor or contact **401-414-LINK** (5465) for adult mental health services.

## How To Prevent An **ANXIETY ATTACK**

Start by breathing deeply in through your nose, and out through your mouth. Then, slowly bring awareness to...

-  ..... **5** Things you can see
-  ..... **4** Things you can touch
-  ..... **3** Things you can hear
-  ..... **2** Things you can smell
-  ..... **1** Emotion you can feel

This is called **grounding** - it helps when you've gone too far in your own head and lost all control of your surroundings.

**Please share this** - it could really help someone in need!

