

RESOURCE 1 - GROUNDING EXERCISE:

Dig your heels into the floor. Remind yourself that you are connected to the ground.

Clench and release your fists

BREATH

FOCUS ON THE SENSATION OF BREATHING

DEEP INHALATION

Sit in a comfortable position, close your eyes, and slowly inhale through your nose for three seconds. Try to inhale in an even controlled manner. Feel the air enter your nose, and try to identify when your inhalation begins and when it ends.

Next, exhale in a controlled manner for three seconds through your mouth. Feel your breath exit your lungs and escape through your lips. Try to identify when your exhalation begins and ends.

Concentrate on your breath, counting your inhalations and exhalations. Try not to let your thoughts drift elsewhere. Try to perform this exercise for three minutes.

1. Start with your breath

Take a slow, deep breath in through your nose for **4 seconds**...

Hold it for **2 seconds**...

And breathe out gently through your mouth for **6 seconds**.

Let's do that two more times — nice and slow.

Notice your shoulders dropping a little, your jaw loosening. You don't need to force calm — just notice the air moving in and out.

2. Feel your connection to the ground

Let your attention move to where your body meets the surface beneath you — your feet, your legs, your back.

Quietly remind yourself:

“The ground is holding me. I don't have to hold everything right now.”

If you like, you can press your feet gently into the floor or your hands into your legs — just to remind your body that you're here, now, and supported.