

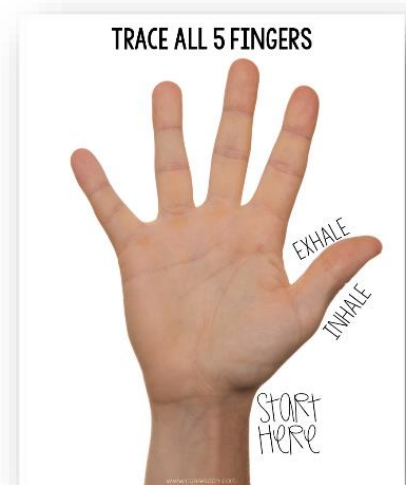


The Green Hub Project for Teens

3 techniques to support a teen who is feeling panicky

A: Five Finger Breathing

- Sit or stand comfortably with your back straight.
- Place one hand out in front of you, palm open.
- Using the pointer finger of your opposite hand start at the base of your thumb and trace upwards as you breathe in.
- Pause at the top of your finger.
- Breathe out as you follow the inside of your thumb.



B: Square breathing

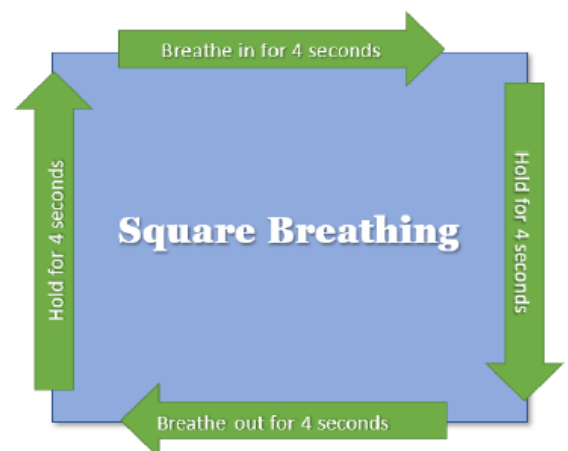
Also known as box breathing is a technique for deep breathing, which has been shown to help relax the nervous system.

Deep breathing helps aid the body in many functions such as:

- Calming and regulate the nervous system
- Help the body cope with stress
- Ease panic and worry
- Bring more oxygen to the body

Tips:

- If 4 seconds for each side of the square is too much, you can use 2 or 3 to help you get the hang of it!
- Try saying the numbers in your head if it is hard to find the beat
- Get comfortable! It is easier to relax and breathe when your body is in a relaxed and comfortable position.





C: 5-4-3-2-1 Grounding method

5 – Look for 5 things that you can see.

The idea is to look for the fine details in the things around you. Maybe it's some knick-knacks sitting on a shelf, the intricacies of a photo or painting on the wall, or a random item sitting where it doesn't belong. Take a few minutes to examine five objects around you with all of their finer details.

4 – Find 4 different touch sensations.

Touch sensations can be something like feeling sunshine on your skin, the fabric of the clothes you're wearing, the moisture from a bottle of water, or really anything that has a different consistency you can touch. Don't rush through the process. Spend a few minutes focusing on and feeling each sensation.

3 – Listen to 3 distinct sounds.

What can you hear? The birds singing? Traffic moving in the distance? The wind rustling through the trees? The sound of a lawnmower buzzing in the background? We are bombarded by sounds and stimuli that the brain just learns to filter out so that we can get on with our day. Turn that filter off and really listen. What sounds can you find and focus on?

2 – Consider 2 things you can smell.

Smells can be a bit more complicated, but there should be something around that you can focus on. If you're at home where most smells are familiar, you can use something like a stick of deodorant, scented candle, or perfume to focus on. You may be able to smell rain in the air, smells of the season, or freshly mowed grass if you are outside.

1 – Find 1 thing to taste.

You may want to consider carrying some small bit of candy or breath mints to have something on-hand for you to taste. Focus on what you're tasting and how it feels in your mouth. If you don't have something accessible to taste, you can also think of something that you like to taste. Focus on thinking about the elements that make it taste so good and how it feels in your mouth.

