

When feeling worried, angry or stressed

# 4 STEPS TO GROUND YOURSELF

Regain inner peace and reduce impulsive behaviours

## 4 Take care

Do something that makes you feel supported and cared for, such as talking to someone you trust, or doing stretching exercises to release tension from your body

## 1 Pause

Take a break from what you are doing

## 2 Breathe

Breathe in and out slowly and deeply to anchor yourself in the present moment  
Think the word "**Relax**" to help concentrate on your breathing

## 3 Observe

Observe your physical sensations, thoughts and feelings  
Notice what is going on around and inside you to help regain a sense of self-control  
Stop dwelling on unpleasant happenings that worsens your negative thoughts

