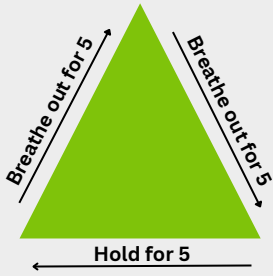
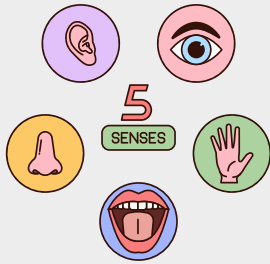


# Mindfulness Skills



Breathe in deeply through your nose for 5 seconds, exhale for 5 seconds, then hold for 5 seconds.



Name 5 things you see, 4 things you can touch, 3 things you hear, 2 things you smell, and 1 thing you taste.



Picture a peaceful place. Imagine that you are safe and relaxing there.

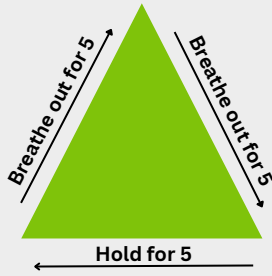


Squeeze and hold each muscle group, like fists, arms, or legs, before releasing.

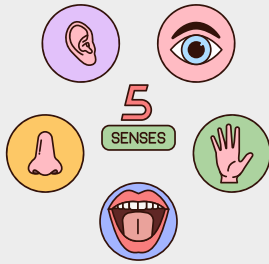


Look around and find one object for each color of the rainbow.

# Coping Skills



Breathe in deeply through your nose for 5 seconds, exhale for 5 seconds, then hold for 5 seconds.



Name 5 things you see, 4 things you can touch, 3 things you hear, 2 things you smell, and 1 thing you taste.



Picture a peaceful place. Imagine that you are safe and relaxing there.

If you are having difficulty cuing yourself, check out [imagination.stanford.edu](http://imagination.stanford.edu)



Squeeze and hold each muscle group, like fists, arms, or legs, before releasing.

Bonus: Try pairing this with breathing! Tense muscles with inhale and release with exhale.



Look around and find one object for each color of the rainbow.