

RELAZATION

Slow Down. Be Quiet.

RIGHT NOW

when anxiety spikes

Physiological Sigh

Two short inhales, nose. One long slow exhale, mouth. Repeat twice.

Extended Exhale

Breathe out longer than in. Inhale 4 counts, exhale 8 counts.

+ slow left-right eye movement while exhaling

Grounding

5 things you see. 4 you hear. 3 you feel. Silently is fine.

RELAZATION

Slow Down. Be Quiet.

EVERY DAY

for the nervous system

Resonance Breathing

Inhale 5 counts, exhale 5 counts. 5-6 breaths per minute, 10 minutes.

Nature Walk

20 minutes outside, phone away. Let attention land where it wants.

Body Scan

Lie down. Move attention from feet to crown. No judgment needed.