

# COUNSELOR CORNER MS. CHISHOLM

## SEPTEMBERS 2022

### ANXIETY

Anxiety is something that everyone experiences from time to time.

### COPING SKILLS SPOTLIGHT

#### 5,4,3,2,1 Grounding Technique

HOW TO DO IT:

This is a calming technique that can help you get through tough or stressful situations.

Take a deep belly breath to begin.

5 - LOOK: Look around for 5 things that you can see, and say them out loud.

4 - FEEL: Pay attention to your body and think of 4 things that you can feel, and say them out loud.

3 - LISTEN: Listen for 3 sounds. It could be the sound of traffic outside, the sound of typing or the sound of your tummy rumbling. Say the three things out loud.

2 - SMELL: Say two things you can smell. If you're allowed to, it's okay to move to another spot and sniff something. If you can't smell anything at the moment or you can't move, then name your 2 favorite smells.

1 - TASTE: Say one thing you can taste. It may be the toothpaste from brushing your teeth, or a mint from after lunch. If you can't taste anything, then say your favorite thing to taste.

## HAPPY HEALTHY KIDS TIPS

### APPS

#### MindShift® CBT

Check out the Mind-Shift® CBT to help you learn to relax and be mindful. It's free!

#### Quick Tips

Sometimes you'll need a quick way to calm down:

~Imagine your favorite place - it's like taking a mini vacation wherever you are

~Think of your favorite thing

~Name animals alphabetically (alligator, bear, cow, dog, etc...)

~Squeeze Something (stress ball, play dough)

~Get a Cold Drink of Water

### LET'S CONNECT

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