



**empower** yourself to practice **calming strategies** when your unhelpful thoughts takeover.






This activity can help redirect your mind to focus on the moment in front of you when your thoughts feel out of your control. Practicing this technique will make approaching these situations easier because you now have a tool to calm your mind!

### Notice Your Thoughts

Close your eyes and picture your thoughts as a rushing waterfall flowing off a cliff. It is normal to feel like you are drowning in your thoughts and emotions when they are coming that fast and powerful. Now, imagine yourself sitting in the cove behind the waterfall watching your thoughts without feeling caught in them. When your thoughts seem to race, put yourself in that cove and let your thoughts run without feeling caught in them.

### 5 4 3 2 1

**Look around and identify**

- 5 things you can see 
- 4 things you can feel 
- 3 things you can hear 
- 2 things you can smell 
- 1 thing you can taste 

### STAR Breathing

**Stop Take a deep breath And Relax**

