



Bouncing Back from Stress Toolkit

Not every tool works for every person (or for every occasion), so the idea is to try these and see what works for you. Practice when you aren't feeling anxious and stressed, so you'll be better able to do them when you are.

4-7-8 BREATHING TECHNIQUE

Inhale for **4** seconds

Hold for **7** seconds

Exhale for **8** seconds

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Notice at least one emotion you are currently feeling. Share that feeling with someone you trust.



GIVE YOURSELF A BUTTERFLY HUG

- Cross arms over chest or shoulders.
- Alternate tapping your hands in a rhythmic right / left pattern.
- Breathe and notice any body sensations.
- Pause, notice what you're experiencing. Continue with more rounds until you feel less distress.

Use Your Imagination



- Go to your favorite place in your imagination.
- What are you doing?
- Who are you with?
- What do you see? What colors?
- What do you hear?
- What do you smell?
- What do you sense with your body?
- How do you feel in this place?

Ground in the Present



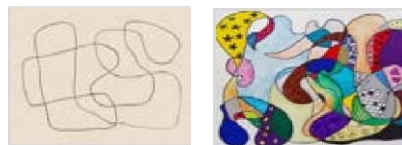
- 5 things you can see right now
- 4 things you can touch right now
- 3 things you can hear right now
- 2 things you can smell right now
- 1 emotion that you are feeling right now

GET UP AND MOVE !!!



- Go for a walk in nature.
- Dance! Sing! Cycle!
- Get up and shake your arms, legs, head, body.
- Do some stretches.
- March in place.
- Splash cold water on your face.

Be Creative: Try Squiggle Art



The simple act of creating: doing crafts, coloring, and drawing brings us into our bodies and into the moment.

- Let the pen travel across the page without thinking connecting it back to the starting point.
- Then, fill in the shapes with colors, patterns, or words.