Anxiety Toolkit

Sticky Thoughts?

THE 5-4-3-2-1 GROUNDING TECHNIQUE

Feeling overwhelmed or pacing? This countdown method can help you calm your mind.

Find **5** things you can SEE around you

Find **4** things you can TOUCH around you

Find **3** things you can HEAR around you

Find **2** things you can SMELL around you

Find **1** thing you can TASTE. (Swallow)

Shallow Breath?

Breathe in to a count of 4

Hold for a count of 4

Pause for a count of 4

Breathe out to a count of 4

Trouble Sleeping?

RELAX YOUR MUSCLES TO RELIEVE STRESS

Ease tension one muscle group at a time.

24/7 Support

Online — kooth

Text — shout 85258 here for you 24/7

Call — childline
ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Crisis Team
0808 196 3779

NHS Nottinghamshire Healthcare NHS Foundation Trust

MHST Support

MHST