



Get a GRIP

- G** **Ground** - Sit comfortably in a chair with your feet flat on the floor. Place your hands on the sides of your rib cage.
- R** **Refocus** - Pay attention to where your hands are, and imagine your lungs like a balloon.
- I** **Inflate** - Breathe in deeply through your nose, filling your lungs as big as you can.
- P** **Pause** - Once your lungs are full, pause and hold your breath for a moment. Then, gently relax and exhale, letting everything go.

