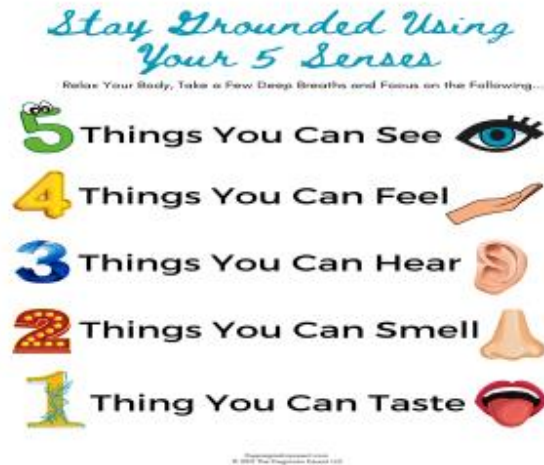
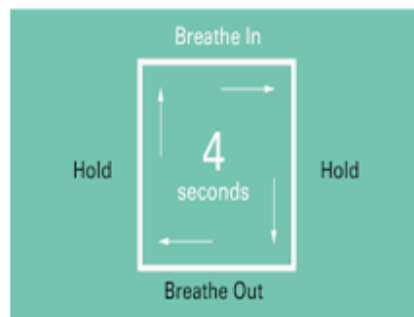


Take 5 Grounding Activity



<https://youtu.be/30VMIEmA11>

Box Breathing



- Breathe out slowly, releasing all the air from your lungs.
- Breathe in through your nose as you slowly count to four in your head. ...
- Hold your breath for a count of four.
- Exhale for another count of four.
- Hold your breath again for a count of four.
- Repeat for three to four rounds.

<https://youtu.be/ZfMA0YA1IVA>

<https://youtu.be/G25IR0c-Hj8>

Grounding Toolkits

Things to help stimulate your senses and help relieve symptoms of stress and anxiety

- Scented hand sanitizer
- Hand lotion
- Candy
- Water
- Items with texture (Stress 1



Helpful Apps



Need Extra Support?

- **Counseling Support Provided by Schools (SACs)**
- **NJ Mental Health Cares – 866-202-HELP (4357)**
*Free hotline (7 days per week 8am-8pm)
- **Children’s Mobile Response – (877) 652- 7624**
*Available to provide crisis support 24/7
- **Crisis Text Line – Text HOME to 741741**
- **2nd Floor Youth Helpline – (888) 222-2228**
- **Mom2Mom – (877) 914-MOM2**
- **Rutgers UBHC Acute Psychiatric Services (855) 515-5700**

For More Information



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