

BREATHE

- 1.) Put 1 hand on stomach and 1 hand on center of chest.
- 2.) Take slow, deep breath from your belly counting to 4 as you breathe in.
- 3.) Hold breath counting to 7.
- 4.) Breathe out slowly counting to 8.
- 5.) Repeat 3 to 7 times or until you feel relaxed.

STRETCH

- 1.) Slowly bring your left ear to your left shoulder.
- 2.) Position your eyes so they are gazing to your right and then shift your gaze to above your head without moving your head and neck.
- 3.) Hold this stretch and gaze for 30 seconds.
- 4.) Repeat this combination 3-5 times.
- 5.) Repeat on the right side 3-5 times.

SIGH

- 1.) Inhale once through nose followed by a quick inhale (2 inhales total).
- 2.) Exhale fully through your mouth, releasing the exhale for as long as you can.
- 3.) Repeat 2-3 times.

*Tip: Consider adding a 60 second timer to each exercise. Try to be nonjudgmental of yourself. If you get distracted or cannot complete each exercise, this is normal.

GROUNDING

Through Sensory Cues

Try this if you feel anxious, overwhelmed, or distracted

 **5** Things that you see

 **4** Things you can feel

 **3** Things you can hear

 **2** Things you can smell

 **1** Thing you can taste



ADDITIONAL RESOURCES:

- Video instructions of these exercises.
- Mental health resources.
- How to schedule an appointment with your mental health team.
- How to schedule an appointment with your Athletic Trainer, Dr. Kelsey Tanler.

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