

Slow Breathing Technique



Try this exercise when you feel stressed or just to slow down and take a break.

- 1. Begin by relaxing your body.** Gently shake out your arms and legs. Roll your shoulders back and softly move your head from side to side.
- 2. Feel how your feet are grounded in the floor.**
- 3. Inhale deeply and slowly through your nose,** counting to three seconds, and exhale slowly through your mouth for three seconds.
- 4. Then, place your hands on your belly and imagine a balloon in your stomach.** As you inhale, visualize you are blowing up that balloon, making your stomach expand. When you exhale, imagine the air in the balloon goes out, so your stomach flattens.
- 5. Now, try to slow down the rate of your breathing.** Take four seconds to breathe in and six seconds to breathe out.
- 6. Repeat this exercise for some minutes until you feel calm and relaxed.** You can stop the exercise if you become uncomfortable.

Showing Kindness



During challenging times, it is normal to have unkind thoughts about ourselves. Try this exercise to overcome them.

- 1. Identify unkind thoughts you are telling to yourself.** Such as “That will go wrong for me”, “I’m not capable”, “I’m always wrong”, “I’m not good enough”.
- 2. Identify what these thoughts are: negative opinions or harsh self-judgments.** Silently acknowledge them by saying: “I’m paying attention to an unkind opinion” or “I’m paying attention to a harsh judgment.”
- 3. Turn that unkind thought into a question:** “Am I sure that will go wrong for me? “Am I not capable?” “Am I not good enough?”. Then answer these questions as if you were responding to someone you love.
- 4. Replace the unkind thought with a more neutral or positive one,** identifying a kinder and more helpful perspective: “It’s hard, but I’m holding on,” “I can still take care of myself and others.”

Grounding Technique



Practice this exercise to feel more connected with the present moment.

- 1. Begin by taking a detailed look around you**
- 2. Find five objects that you can see.**
Pay attention to small details such as textures, patterns, the way light reflects off a surface, or objects you never noticed before.
- 3. Next, find four sounds in the immediate surroundings that you can hear.** Listen carefully to them, like a ticking clock, or distant traffic. Describe these sounds using concrete words.
- 4. Find three things in your immediate surroundings that you can touch.** Notice the sensation of clothing on your body, the sun on your skin, or the feeling of the chair you are sitting in. Describe these sensations.
- 5. Find two things in your immediate surroundings that you can smell.** Say out loud what they are. If necessary, look around for something with a scent, like a flower or an unlit candle.
- 6. Find one thing in your surroundings that you can taste.** Such as a small candy or a snack. Taste it; focus your attention closely on the flavors and describe them out loud.

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Creating Space

Try this exercise when very distressed.



- 1. Start by paying attention to a difficult thought or feeling and observe it with interest.** Focus on it. Imagine your pain is an object, considering its size, shape, color, and temperature (e.g., a cold, heavy brown brick).
- 2. Identify and name that thought or feeling.**
- 3. Allow a feeling or thought to come and go like the changing weather.** Breathe and visualize the air enveloping your pain, surrounding it, creating space for it.
- 4. Instead of fighting a thought or feeling, let it just be and pass through you like the weather changing in the sky.** By not fighting against it, you'll have more time and energy to engage with the world around you and the things that matter to you.