



# TEENS

## Grounding Techniques

### TENSION RELEASE

During tense moments, stress, or anxiety **PRACTICE TENSION RELEASE:**

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#### HANDS

Make a fist and squeeze for 5 seconds

Release for 10 seconds. Repeat 5 times.



#### FACE

Clench your jaw and wrinkle your nose for 5 seconds

Release for 10 seconds. Notice the difference. Repeat 5 times.



#### STOMACH

Take a deep breath & hold. Tighten your stomach.

Relax and breathe out. Repeat 5 times.



#### FEET

Stand or sit with feet on floor. Push hard into floor with your heel

Hold and notice the tension. Release and repeat 5 times

Scan your body and repeat for any areas that still feel tension.

**Allow your body to become fully relaxed.**

1-800-4-A-CHILD

