



TEENS

Grounding Techniques

WALKING RELAXATION

During tense moments, stress, or anxiety TAKE A WALK:

BEING MINDFUL

Practice mindfulness. This means being in the moment and paying attention to what you are experiencing while on your walk.

FOCUS ON:

- Your body and the way it moves
- Your breath, practice deep breathing
- Your surroundings - what you see, smell, hear

When you find your attention wanders, as this is natural, gently bring your attention back to what you are experiencing in the moment. The act of simply going for a walk is very helpful in reducing stress, tension and anxiety!

1-800-4-A-CHILD