

## **Earth, Wind, Fire, Water**

### **Earth: Grounding with the 5 senses**

Practice identifying:

- 5 things you see
- 4 things you hear
- 3 things you smell
- 2 things you can touch
- 1 thing you taste

### **Wind: Deep breathing**

Square breathing -

- Breathe in for 4 seconds
- Hold for 4 seconds
- Exhale out of your mouth for 4 seconds
- Hold for 4 seconds
- Repeat

Deep breath when anxious -

- Take two big breaths, pushing as much air into your lungs as possible.
- Exhale slowly through your mouth.
- Repeat

\*If you make a humming noise when you exhale, it activates the vagus nerve and tells your body to relax.

### **Fire: Fire up your imagination**

You can imagine anything you want: being in your happy place, walking through the steps of cutting up a lemon in your kitchen, anything!

You can also use this step to practice being aware of the Presence of God.

- Close your eyes.
- Take a deep breath.
- Become aware of God's Presence with you.
- Notice - what do you feel?
- Imagine - Jesus in the room with you. Where is he? What is his posture towards you?  
Can you see his face? How is he looking at you? What does he want to say to you?

### **Water: Drink water**

Take a sip of water.

Hold it in your mouth and savor it. Swish it around.

Swallow and notice it going down your throat to your stomach.