



The Four Elements

1



Earth

Sit in a chair and place both feet on the ground. Look around you and pay attention to three things in the space that you are in. Ask yourself, what do you see? What do you hear?

2



Air

Breathe in through your nose counting slowly. Then breathe out through your mouth counting slowly. Continue to take 10 slow breaths.

3



Water

Close your eyes and imagine that you are drinking a glass of water or eating a piece of fruit. When we have anxiety our mouth becomes dry. When we drink water, we make saliva which turns on our digestive system and helps us to relax.

4



Fire

Imagine an image of a place that makes you feel warm, safe, and comforted. This can also be a memory of when you felt good about yourself. What do you feel? What do you see in your mind?

How it Helps



Helps Us Reduce Stress



Helps Us To Remember Our Senses



Helps Reduce Our Heart Rate



Helps Us Feel Calm