



Box Breathing

For when your chest feels tight and your mind is racing.

- 1 Breathe in slowly through your nose for 4 counts.
- 2 Hold your breath gently for 4 counts.
- 3 Breathe out slowly through your mouth for 4 counts.
- 4 Hold empty for 4 counts. Repeat the full cycle 4 times.

"Your body can't stay panicked while it's counting."

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5-4-3-2-1 Grounding

For when you feel disconnected, spiraling, or unreal.

- 5 Name 5 things you can see around you right now.
- 4 Name 4 things you can physically touch or feel.
- 3 Name 3 things you can hear.
- 2 Name 2 things you can smell. Name 1 thing you can taste.

"This pulls you out of your head and back into the room."

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Name It to Tame It

For when the feeling is too big to think through.

- 1 Pause. Don't try to fix anything yet.
- 2 Ask yourself: "What am I actually feeling right now?"
- 3 Say it out loud or write it down — one word if you can.
- 4 Notice: naming it usually turns the volume down a little.

"You can't out-think a feeling. You can only name it."

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The One-Sentence Pause

For when you need space without disappearing.

- 1 Say: "I need 10 minutes before I can talk about this clearly."
- 2 Add: "I'm not leaving this unresolved — I'll come back."
- 3 Actually come back when you said you would.
- 4 Say what you needed, now that you can think clearly.

"Space with a promise to return isn't the same as walking away."

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Release the Tension

For when your body is holding stress your mind hasn't caught up to yet.

- 1 Unclench your jaw. Let your tongue rest away from your teeth.
- 2 Drop your shoulders away from your ears.
- 3 Shake out your hands gently for about 10 seconds.
- 4 Take one slow breath all the way out, longer than it feels natural to.

"Your body often knows you're safe before your mind does."

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