

Back in 2020, our worry was “Ugh, how long is this pandemic going to last?”. Fast forward to today, we probably sneeze and think, “Wait, could this be COVID?”.

The feeling that you get at that moment? The pang? It's so unpleasant, right? Well, that's what a panic or anxiety may feel like.

Psychologists explain that it starts with a “What if something bad happens?” worry, snowballs into more worries, your heart speeds up, you tense up and experience anxiety.

So what should we do about it? First, recognize that it's OKAY to feel anxious amidst the current situation. Second, we've come a long way and third, we CAN manage anxiety.

One powerful technique to cope with anxiety is '**grounding**' - focusing on our physical environment or the present moment, in order to interrupt the cycle of negative thoughts.

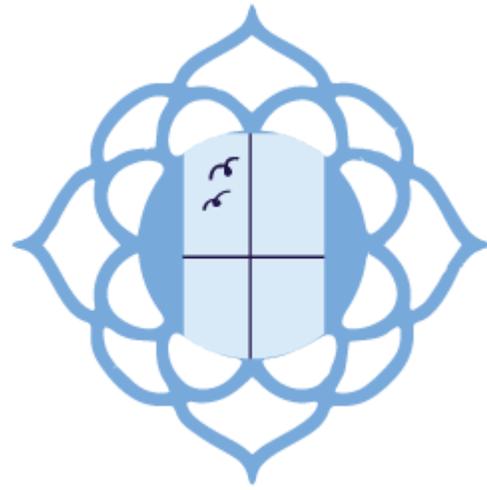
Here're some grounding techniques that Psychologists suggest -



### **Breathe slowly**

Try the 'Boxed Breathing' - breathe in for 4 seconds, hold for 4 seconds, breathe out for 4 seconds, hold for 4 seconds, and so on until you feel calmer.

As you count to 4, this starts to work by distracting your mind, calming your nervous system, and reducing anxiety.



### **Look outside**

Change your view and try to look outside your window or balcony. Focus on the nature around you, the beautiful trees and even plants.

As per studies, trees/plants emit aerosols that can calm our minds. Even 20 min a day in nature can improve our well-being.



### **Grab something comforting**

Hold something that's comfortable. It can be a soft pillow, a ball or anything you can feel and try to describe it in your mind.

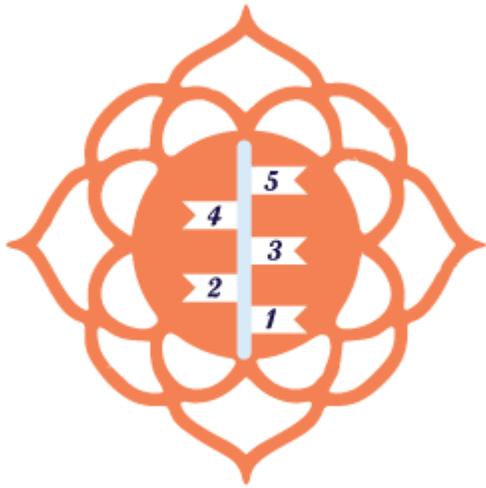
These act as a 'grounding object' that helps you with a sense of relief, feel safe, familiar and comforted.



### **Listen to music**

Studies have proven that listening to music can reduce feelings of anxiety. Try the 'Weightless' song by Marconi Union.

So remember to plug into soothing songs every now and then and give yourself a good escape into music.



### **Practice the 5-4-3-2-1 rule**

Name 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, and 1 thing you can taste (even thinking of a taste okay).

As your mind begins to notice the little things, it shifts the focus from anxiety, slowing your heart rate and controlling your breathing.



### **Take a short walk**

Try to move physically and pay attention to your movement. While walking, concentrate on your steps, notice their rhythm. You can even count them.

Research says that while we're walking, the anxious part of our brain (amygdala) can shut off, which further clears our minds.

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Looking for further guidance? Want to learn how you can go about practising these? We are here to help you, 24x7.

CONNECT TO AN EXPERT NOW

If we have something in our mind or any query, we can write to [campus@yourdost.com](mailto:campus@yourdost.com)

**Standing with You,  
Team YourDOST**

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