

# C.E.A.S.E

Taking Your Power Back,  
from Anxiety



## 5 QUICK STEPS YOU CAN DO ANYWHERE!

**C** Check My Breathing

**How is My Breathing Right Now?**  
Is it Rapid? Shallow? Don't immediately try to take deep breaths, first work to normalize breathing.

**E** Evaluate

**Take Stock of Your Situation.**  
Am I Safe Right Now? Is there anything I need to be aware of in my surroundings?

**A** Ask

**Where is the Anxiety Coming From?**  
What happened just before I started feeling anxious? What happened Last Night? Yesterday?

**S** Senses

**Use Your 5 Senses & Ground Yourself**  
What Do I See? What Do I Hear? What Do I Feel? What Do I Smell? What Could I Eat or Drink?

**E** Ease Back to Present

**Distract & Come Back to the Present**  
Focus on something calming, Self-Care, and take your mind off of the anxious feeling and events.