

# Mindfulness & Grounding

## Exercises

If we are feeling stressed, angry or upset, our breathing becomes quick, our heart rate can change, and you may find this triggers an attack. It can help if we try to slow our breathing down. Simple breathing exercises and mindfulness techniques can be useful.

Try to practice these breathing exercises when you feel calm, so that you are familiar with the technique, so you are able to use them at other times, when you notice you are starting to feel stressed or feel anxious.

### Go for a walk

Notice how your body moves and feels with each step. Now, move your awareness to your surroundings. What do you see? What do you hear, smell, feel? Can you hear leaves crunching under your feet? Can you feel the wind on your face? What colour are the trees today? Can you hear the birds in the distance? Bring your awareness back to your body and remember the calm you felt on your walk.

### 5,4,3,2,1...

**Close your eyes and focus on breathing.**

**5** – Open your eyes. What are 5 things you can see? It could be the sky, the pattern on the wall, the way the light shines on the table, or 5 objects in the room.

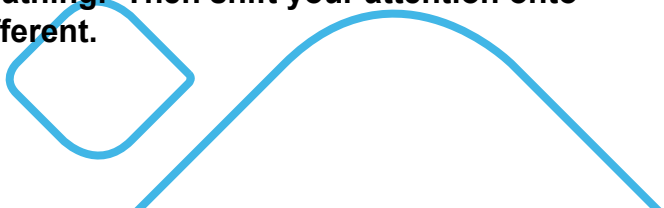
**4** – What are 4 things you can feel? How does your t-shirt feel, does the sun feel warm on your skin, feel the chair underneath you, or pick up an object and notice how it feels in your hand.

**3** – What 3 things can you hear? Can you hear a ticking clock, or the traffic far away? Can you hear your breathing, or a radio on in another room?

**2** – What 2 things can you smell? Can you smell fresh grass, or a new air freshener in the room? Can you find something in the room that may smell nice, some flowers or a candle maybe?

**1** – What is 1 thing you can taste? Perhaps you are chewing gum, or have a sweet in your pocket? What does it taste like as you chew?

**Close your eyes again, and focus on your breathing. Then shift your attention onto something different.**



---

## Square Breathing

Square breathing (or box breathing) is a simple exercise to help calm the mind and relax the body. The idea is to trace or imagine the shape of a square, whilst inhaling and exhaling.

## Belly Breathing

This encourages you to take slower, deeper breaths, which can also help to stop an attack. It can also help to manage stress by making you feel calmer. Place your hands on your tummy, pretend that your tummy is a balloon and you want to fill it as full as possible. Breathe in slowly and see how round you can make your tummy. Hold for a moment and then slowly let the air out.

## One nostril breathing

This helps to develop concentration and awareness, by recognising how it feels as you notice your breathing through one nostril at a time. Find somewhere calm to sit, close of your left nostril using your finger on the side of your nose. Inhale through the open nostril. Close the opposite nostril and open the first side, exhale slowly. Continue this pattern.

## How to contact the Epilepsy Nurses

We usually work Mon-Fri, but are sometimes out of the office for clinics or visits. Please leave a message and we will get back to you when we can.

01225 825375

Royal United Hospitals Bath NHS Foundation Trust  
Combe Park, Bath, BA1 3NG

01225 428331 | [www.ruh.nhs.uk](http://www.ruh.nhs.uk)

If you would like this leaflet in email form, large print, braille or another language, please contact the Patient Support and Complaints team on 01225 825656.

---

Date of publication: September 2024 | Ref: RUH PAE/129  
© Royal United Hospitals Bath NHS Foundation Trust

