

The 333 Rule

May is Mental Health Awareness Month

The 333 rule is a common and informal technique for coping with anxiety. Its purpose is to help you ground yourself and calm down in a moment where you are feeling particularly anxious or overwhelmed. The 333 rule involves looking around your current environment and:

name **3** things you see

identify **3** sounds you hear

move or touch **3** things,
such as your limbs or
external objects

Take a FREE Anxiety Screening

