

# May Newsletter

## Mental Health Awareness Month

Part of what the CJC provides our clients is mental health services. These may include assessing risk for post-traumatic stress disorder, suicide safety planning, and connection with professionals specializing in trauma-informed therapy.



## Grounding Exercises Help Manage Anxiety

Grounding exercises can help to calm anxious thoughts and keep you focused and mindful in your environment. The 5-4-3-2-1 method is a grounding exercise that can be done almost anywhere and it doesn't require any equipment or materials - just your brain!

### The 5-4-3-2-1 Method

Begin by breathing deeply - inhale and exhale out your mouth. Then slowly look at your surroundings. Focus on the five steps, in order, and you will ground yourself, feel present in the moment and in control of your surroundings.

Try this:

5 Things you can see

4 Things you can touch

3 Things you can hear

2 Things you can smell

1 Emotion you can feel

Produced by Dr. John A. Pollock and Dr. Brinley Kantorski at the Partnership in Education, Duquesne University. With funding support from the National Institutes of Health, National Institute of General Medical Sciences, Science Education Partnership Award

Watch the 5-4-3-2-1 Method  
<https://www.youtube.com/watch?v=30VMIEmA114>





Thank you!

## SUHBA Day of Service

The Southern Utah Home Builders Association blessed the CJC on their annual day of service. They painted rooms, planted new bushes and cleaned windows to wonderfully transform our spaces.  
Thank you, SUHBA! We appreciate you!



Save the Date

September 19<sup>th</sup>  
Golf Tournament