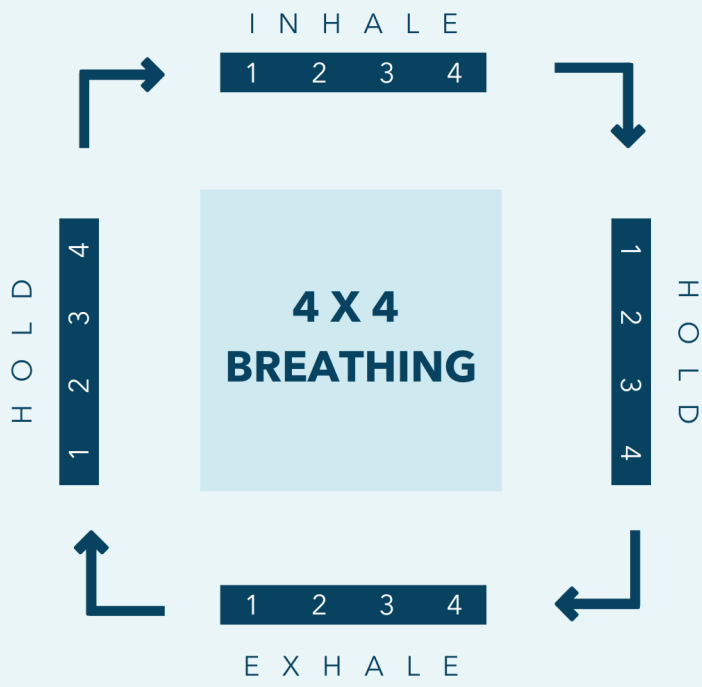




## Comprehensive behavioral health programs for children, adolescents, young adults, and adults

- Areas of Focus
- Anxiety
- Depression
- OCD
- Bipolar
- Trauma



### Follow these steps to practice this grounding skill:

1. Breathe in deeply through your nose and feel your chest and abdomen expand for 4 counts (i.e. 1-2-3-4)
  2. Hold your breath for 4 counts
  3. Breathe out, exhaling fully, and feel your chest and abdomen fall, for 4 counts
  4. Hold your breath for 4 counts
- ☑ Repeat 3 times until you have done a total of 4 rounds



When symptoms of stress, anxiety, or depression feel overwhelming, we encourage individuals to access support and utilize coping skills like the one above. Call us or visit our website to learn more about our Partial Hospitalization (PHP) and Intensive Outpatient (IOP) Programs and to schedule an intake.

Most commercial insurances accepted.

**LOCATIONS**  
CHICAGO  
NORTHBROOK  
OAK BROOK  
VIRTUAL

**GET IN TOUCH**  
877.552.6672  
COMPASSHEALTHCENTER.NET

