

✦ choose ✦
kindness

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**



To speak to someone at Easterseals MORC, call 1.800.75.SEALS.

If you or a loved one is experiencing a mental health emergency, call or text 988 or chat at [988lifeline.org](https://www.988lifeline.org).



Scan the code to learn more about the Choose Kindness campaign.