


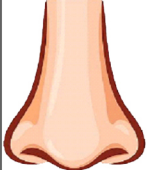



Mindfulness 5-4-3-2-1

Focusing on what you observe with your own senses can help you become more aware of your surroundings. It really forces you to be present in the now and not get absorbed with your own thoughts. You can start by identifying 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste. This will help ground you and bring some calmness into your mind.

Lets practice!

5 things you can see	
4 things you can touch	
3 things you can hear	
2 things you can smell	
1 thing you can taste	

REFLECT: How did using this strategy make you feel?

