



5-4-3-2-1 MINDFULNESS EXERCISE

Feeling stressed, anxious, or overwhelmed? The 5-4-3-2-1 mindfulness exercise is a simple but powerful technique that can help you to ground yourself and connect with the present moment.

Why is it so important to get back to the present moment?

We spend most of our days dwelling on the past or worrying about the future. But the truth is, the only moment we have is the present moment. When we're caught up in the past or future, we're missing out on the present moment and all that it has to offer.

The present moment is the only moment where we can experience life fully. It's the only moment where we can create and change our reality. When we're present, we're more aware of our thoughts, feelings, and surroundings. We're also more likely to make mindful choices that are aligned with our values, goals and dreams.

The 5-4-3-2-1 mindfulness exercise is a simple but effective way to bring your attention back to the present moment. It's a great way to calm your mind and body, and to reduce stress and anxiety as well!

HOW TO PRACTICE 5-4-3-2-1

TO BEGIN, TAKE A FEW DEEP BREATHS AND RELAX YOUR BODY.
THEN, BEGIN TO FOCUS ON YOUR SENSES.

5

5 THINGS YOU CAN SEE AROUND YOU

It could be anything from the furniture in your room to the trees outside.



4

4 THINGS YOU CAN TOUCH AROUND YOU

It could be the clothes you are wearing, the sheets on your bed, or the ground beneath your feet.



3

3 THINGS YOU CAN HEAR AROUND YOU

It could be the ticking of a clock, the birds chirping outside, or the sound of your own breath.



2

2 THINGS YOU CAN SMELL

It could be the scent of food cooking, the flowers in your garden, or the fresh air outside.



1

1 THING YOU CAN TASTE

It could be the gum you are chewing, the coffee you are drinking, or the toothpaste on your tongue.



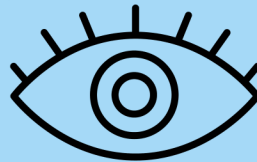
5 - 4 - 3 - 2 - 1

Grounding technique

A calming technique that connects you with the present by exploring the five senses.

5

5 things you can see



4

4 things you can touch



3

3 things you can hear



2

2 things you can smell



1

1 thing you can taste

