

Mindfulness: 5-4-3-2-1 Exercise

5 things you can SEE

1)

2)

3)

4)

5)

4 things you can TOUCH

1)

2)

3)

4)

3 things you can HEAR

1)

2)

3)

2 things you can SMELL

1)

2)

1 thing you can TASTE

1)