

# FIVE SENSES

## MINDFULNESS EXERCISE

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One of the many ways to bring yourself to the present moment is by bringing your awareness to your five senses. In doing so, it will not only help ease your mind, but it will help gradually increase your awareness of the present moment the more you practice.



### Notice **five** things that you see

Look around you and bring your attention to five things you see. Choose something that you wouldn't usually notice.



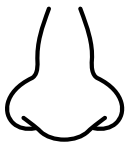
### Notice **four** things that you can feel

Take a moment to bring your awareness to four things you can feel. Maybe it is the clothes you are wearing or the texture of your chair.



### Notice **three** things that you can hear

Bring your awareness to the sounds around you. Notice three things you can hear. What do you hear?



### Notice **two** things that you can smell

Focus on using your nose to smell two different things around you. What does the environment smell like?



### Notice **one** thing that you can taste

Bring your attention to one thing you can taste. If you are drinking or eating something what does it taste like?

For the next five days, practice this awareness exercise and use this tool to bring you to the present moment whenever you like. Often you can use this tool when you are feeling overwhelmed to help ground your thoughts.

Tip: Try setting a timer to remind yourself to practice this exercise