You can use the `Array.reduce()` method to reverse the given array. The `reduce()` method applies a function to each element of the array, reducing it to a single value. In this case, we will construct a new array in reverse order by starting with an empty array and appending each element from the original array in reverse order using the `reduce()` method.

Here's how you can reverse the `arr` array using `reduce()`:

```javascript
const arr = [1, 2, 3, 4, 5];

const reversedArr = arr.reduce((reversed, current) => {

  // Insert the current element at the beginning of the new array (reversed)

  return [current, ...reversed];

}, []);

console.log(reversedArr); // Output: [5, 4, 3, 2, 1]
```

In this code, the `reduce()` method iterates through each element of the `arr` array. For each element, it constructs a new array `reversed` by appending the current element at the beginning using the spread syntax `[current, ...reversed]`. The initial value of `reversed` is an empty array `[]`, and the final result is the reversed array `[5, 4, 3, 2, 1]`.