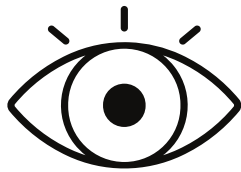


# THE FIVE SENSES

## A MINDFULNESS EXERCISE



5 things you can see



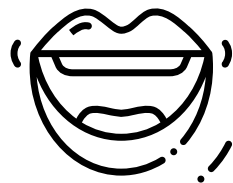
4 things you can feel



3 things you can hear



2 things you can smell



1 thing you can taste

# THE FIVE SENSES

## A MINDFULNESS EXERCISE

When life feels overwhelming, or your thoughts are racing, take a moment to tap into your five senses.

Quiet your mind, and take in the space around you.

Observe five things you can see.

Notice four things you can feel.

Identify three things you can hear.

Bring awareness to two things you can smell.

Focus on one thing you can taste.