

5 – 4 – 3 – 2 – 1

Directions: This is a mindfulness technique that helps you relax by distracting you as you focus on your 5 senses (Seeing, Hearing, Feeling, Smell, & Taste). As you notice yourself become upset, anxious, or worried, take a break and notice your surroundings. Ask yourself the 5 questions below and make sure not to rush through the answers. Sometimes you can have a loved one help you if you are struggling. Feel free to write down the answers if that helps distract you. The goal is to help you focus on your present moment and not worry about the past or future.



5 Things I see?



4 Things hear?



3 Things I feel?



2 Things I smell?



1 Thing I taste?