

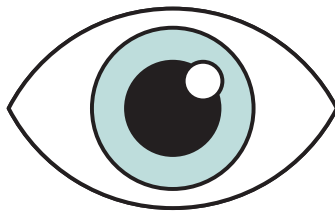


FIVE SENSES EXERCISE

When we're anxious we often find ourselves ruminating on past experiences or worrying about the future. Bringing our attention to our senses helps to keep us in touch with the present moment and reduce anxiety. This is an exercise you can do any place, anytime to help ground you in the present moment. Before starting this exercise, pay attention to your breathing. Slow, deep, long breaths can help you maintain a sense of calm or help you return to a calmer state. Once you find your breath, go through the following steps to help ground yourself:

1.

SPOT 5 THINGS YOU CAN SEE



2.

NAME 4 THINGS YOU CAN TOUCH



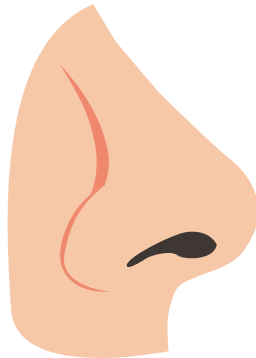
3.

NAME 3 THINGS YOU HEAR



4.

NAME 2 THINGS YOU CAN SMELL



5.

NAME 1 THING YOU CAN TASTE

