

5,4,3,2,1

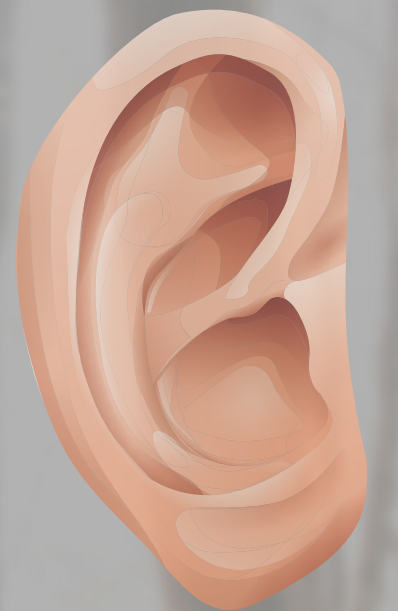
5: Acknowledge FIVE things you see around you. Maybe it is a bird, maybe it is a spot on the ceiling, however big or small state 5 things you see.



4: Acknowledge FOUR things you can touch around you. Maybe this is your hair, hands, ground, grass, pillow, etc, whatever it may be, list out the 4 things you can feel.



3: Acknowledge THREE things you hear. This needs to be external, do not focus on your thoughts; maybe you can hear a clock, a car, a dog park. or maybe you hear your tummy rumbling, internal noises that make external sounds can count, what is audible in the moment is what you list.



2: Acknowledge TWO things you can smell. This one might be hard. If you cannot easily sniff something out, walk nearby to find a scent. Maybe you walk to your bathroom to smell soap, outside to smell something in nature, or even your jumper! Whatever it may be, take in the smells around you.



1. Acknowledge ONE thing you can taste. What does the inside of your mouth taste like, gum, coffee, or the sandwich from lunch? Focus on your mouth as the last step and take in what you can taste

