



Mindfulness 5-4-3-2-1

This is a great strategy for practicing mindfulness because it can be done anywhere and anytime. You don't need any special props! Sit comfortably and just look around the room. Use your senses to observe the immediate environment. Slowly go through the list. Identify 5 things that you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste. Take your time with each and remember to absorb the feelings you experience.