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The 5-4-3-2-1 EXERCISE :

The 5 Senses – An Anchor to Reconnect to the Present

This exercise is about your 5 senses: sight, hearing, touch, smell, taste. Our senses are our window to the world; we experience life through our senses. Yet, in our everyday routine, we remain busy making meaning of whatever we see, hear, smell, taste and touch. This is necessary, and an essential part of survival! However, every sensory experience is so rich on its own. There is a unique quality to each of the senses. Keeping this in mind, here is a mindfulness exercise that involves paying attention to one sense at a time. Each sense, when attended to, can reconnect you with the present moment. So, look, hear, feel or smell the objects in the exercise below **without labeling what you experience** and it will be fresh for you. The goal is to take it in and **experience** the experience, not necessarily to define it. And by helping you be in the present moment, this exercise takes you away from the routine habit of regretting things that are already past or worrying about the future.

**To ground yourself quickly into the present moment,
focus your attention on:**

5 things you notice in the room

4 things you can feel

(such as your shirt on your skin, the chair you are sitting on, the breeze from a fan, your feet on the floor, etc.)

3 things you can hear

2 things you like the smell of

1 thing you like the taste of OR 1 good feeling you have about yourself.