

Senses

This is a shorter exercise, focusing on experiencing your five senses in this moment. When this is more familiar to you, you can do it anywhere and at any time, and it may help you to feel more grounded and calm.

To practice this at home, begin by pausing wherever you are in this moment. Start by looking around you. Count 5 things you can see. Now, bringing your attention to physical sensations. Count 4 things you can feel. Focusing now on sounds around you. Count 3 things you can hear. Moving down to your nose. Count 2 things you can smell. And now turn to the final sense. Notice 1 thing you can taste.

Now that you have journeyed through all the senses, you may want to return to the sense that helped you feel particularly calm and at ease. Seeing, hearing, feeling, smelling, tasting. Or you may want to simply rest comfortably in this space for the next few moments, until you are ready to carry on with your day.