

• BEFORE YOU START •
 TAKE 5 DEEP BREATHS IN THROUGH YOUR NOSE AND OUT THROUGH YOUR MOUTH.
 (REMEMBER ANNIE THE AMYGDALA? THIS CALMS HER A LITTLE, WHICH MAKES THE EXERCISE MORE EFFECTIVE.)

NOTICE AND NAME
5 THINGS 

YOU SEE AROUND YOU RIGHT NOW. THEY CAN BE THINGS LIKE A PENCIL ON THE TABLE, A HAIRBAND ON THE FLOOR, OR A STRIPE ON THE DESK IN FRONT OF YOU. ANYTHING YOU CAN SEE COUNTS.

TOUCH 
4 THINGS

AROUND YOU AND NOTICE HOW THEY FEEL. YOU MIGHT PAY ATTENTION TO THE HARD AND SMOOTH SURFACE OF THE CHAIR YOU ARE SITTING ON, THE SOFTNESS OF THE FABRIC OF YOUR SHIRT, AND THE BUMPY EDGES OF A PENCIL IN YOUR HAND. ANYTHING YOU CAN TOUCH WILL WORK; JUST MAKE SURE YOU NOTICE THE FEELING OF THE TOUCH.

LISTEN TO
3 THINGS 

AROUND YOU. IF YOU TUNE YOUR ATTENTION TO SOUNDS, YOU MIGHT NOTICE THE WHRRR OF AN AIR CONDITIONER, THE SCRATCHING SOUND OF A PENCIL ON PAPER, THE TAPPING OF KEYS ON A KEYBOARD. LISTEN FOR THREE SEPARATE SOUNDS.

SMELL
2 THINGS 

AROUND YOU. YOU MIGHT SMELL SOAP FROM WHEN YOU WASHED IT. YOU MIGHT SMELL THE METAL SCENT OF YOUR WATER BOTTLE OR THE LAUNDRY SOAP SCENT FROM THE SHOULDER OF YOUR SHIRT. YOU CAN DO THIS SUBTLY WITHOUT DRAWING ATTENTION TO YOURSELF.


TASTE
1 THING

AROUND YOU. THIS IS MOST LIKELY A TASTE ALREADY IN YOUR MOUTH. FOCUS ON THE TASTES IN YOUR MOUTH. DO YOU NOTICE TOOTHPASTE FROM WHEN YOU BRUSHED YOUR TEETH IN THE MORNING? IS THERE A SWEETNESS STILL PRESENT FROM A COOKIE AFTER LUNCH?

WHEN YOUR HEAD GETS TOO OVERWHELMED, JUST USE YOUR SENSES AND TAKE 5 TO FEEL STEADY, CALM, AND BACK IN CONTROL.