



5-4-3-2-1 Technique



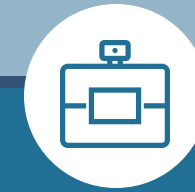
Pay attention and focus on 5 things you can see.



Now reach out and find 4 things you can touch.



Pause for a moment and think about 3 things you can hear.



Take a moment next to focus on 2 things that you can smell.



Finally, think about 1 thing that you can taste.

How it Helps



Helps us to focus on the present



Helps us to relax



Helps us to become more calm



Helps to reduce stress