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 become more calm
- Helps us to relax
- Helps to reduce stress