

5-4-3-2-1

Centering Process

Sight

5 THINGS YOU CAN SEE AROUND YOU

Look around you and focus on an object, look at it's shape, size and texture. Use a photograph, study the people in it. Look outside or go to a different room to look at something interesting.

Touch

4 THINGS YOU CAN TOUCH AROUND YOU

Rub your fingers together lightly until you can feel the ridges on your fingertips. Touch different objects around you, feel how smooth something is, or feel the texture on an item.

Sound

3 THINGS YOU CAN HEAR AROUND YOU

Listen for the furthest away sound. Listen to the sound that is closest to you. Listen to your breathing.

Smell

2 THINGS YOU CAN SMELL

Smell some soap, a piece of fruit, or your clothes. Breathe in the aroma from a lit candle, burning incense or an essential oil.

Taste

1 THING YOU CAN TASTE

Taste some chocolate or make a hot cup of tea. Savor the taste.