

## The Five Senses Engagement

### (5-4-3-2-1 Sensory Activation)

*This exercise is sometimes called a self-soothing, grounding or mindfulness exercise. It has many different names but is the same concept. It is helpful when we become overwhelmed and it feels like our brain has been hijacked, when we feel stressed, out of touch with reality or need to remind ourselves that we are in a safe environment. At these times we need to? redirect our attention to what is happening around us – away from our head filled with noise and anxiety-provoking thoughts to our reality, exactly where we are. For the best results, make sure that you are sitting comfortably and can take deep breaths in and out.*

1. **Engage Eyesight.** Name **5** things that you see around you. To make it more interesting name **5** things that are yellow or green.
2. **Engage Touch.** Name **4** things that you can touch right now. It can be a flower, a pen, a notepad, your chair or a glass of water.
3. **Engage Hearing.** Name **3** things you can hear right now. Maybe you can hear an air-conditioner hum, people talking outside or traffic rumbling.
4. **Engage Smell.** Name **2** things you can smell right now.
5. **Engage Taste.** Name **1** thing that you can taste.



*This exercise has been around for a while. It has been used when working with people who experienced trauma as well as panic and anxiety disorders. Consult with your medical practitioner before doing any exercises to ensure your safety and wellbeing.*