

# Practicing MINDFULNESS



## 5-4-3-2-1 Technique

Using this technique encourages you to pay close attention to your surroundings using your five senses. When we're on autopilot we tend to skip over the small things. Notice the small details around you!! This is an exercise you can do frequently throughout the day and no one will ever know!



What are five (5) things you can see? Look for small things that you might ordinarily overlook like reflections, patterns or shadows.



What are four (4) things you can feel? Notice sensations on your body from the sun and wind. Pick up an object and notice how it feels in your hand. What's the surface like? What are other physical characteristics of the object?



What are three (3) things you can hear? Pay special attention to things you might ordinarily tune out. If you're inside, listen for small sounds like a ticking clock or a fan. Listen for the wind or birds if you're outside.



What are two (2) things you can smell? Inhale deeply and notice what do you notice? Pay attention to the different aromas you pick up. Take time to stop and smell the flowers!



What is one (1) thing you can taste? Take a drink and notice the flavors. Got gum or candy? Pop one in your mouth and pay special attention to the texture and flavors.

## The ABCs

Name items in different categories using the alphabet. For example, use the category of animals--alligator, bobcat, cougar etc. What other categories can you think of? Here's some ideas:

fruits

cars

cities

movies

vegetables

countries

presidents

songs

TV shows

Books

colors

sports teams

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## Mindful Eating

Use mindfulness to help be in the moment and enjoy your food more. Here's how:

- Eat slowly with no distractions
- Take small bites
- Engage your senses--what do you smell, taste and feel?
- What are the flavors? Are they new or familiar?
- Listen to your body and only eat until full. Pay attention to your body's signals.

## Mindful Cleaning

So many times we perform required tasks on autopilot which contributes to our anxiety. When cleaning use your senses to be fully engaged in the moment as well as the activity.

- What do you smell? Inhale and pay attention to the fragrances and aromas of your cleaners
- What do you see? Pay attention to what you're cleaning. Notice how the dirt is removed.
- What do you feel? Notice how the surface feels that you're cleaning. Is it smooth or rough. What's the temperature of the water?
- What do you hear? Is there water running? Do the cleaners fizz or bubble?

## Mindful Dancing

What is a song that moves your spirit? Put it on and crank it up! Move your body to the beat. Focus on the music and let your body do the rest. No multitasking! No autopilot! Just pay attention to the music and let it soothe your spirit!