



# THE FIVE SENSES

*Using your senses to manage anxiety*

**5**

## *5 things you can see*

*Look around you and describe what you can see in as much detail as possible*

**4**

## *4 things you can hear*

*Try to identify four different sounds you can hear and describe them in detail. It may help to close your eyes and really concentrate on subtle sounds*

**3**

## *3 things you can touch*

*Find three ways you can reach out and touch - run your hand over a textured object, roll a pen in your fingers, notice the cool air on your face*

**2**

## *2 things you can smell*

*Find things you can smell, is there fresh coffee nearby or perhaps the scent of a flower or plant. Maybe there's a scented candle or perhaps the smell of the fresh morning air*

**1**

## *1 thing you can taste*

*Is there something you can eat or drink nearby? If not, think about the taste of your very favourite food or drink, savour the taste and think about how much you enjoy it*