

# Mindfulness Exercise to Practice Being Present

5-4-3-2-1

1. Look around you and name *five* things you can see. Try to identify things you would not normally notice.
2. Notice and name *four* things you can touch/feel. Bring your focus to those items or surfaces as you feel them with your hand or body.
3. Listen and name *three* things you can hear. Try to notice sounds that you would normally ignore.
4. Inhale and identify *two* things you can smell. These smells can be pleasant or unpleasant. If you can't smell anything, think of two of your favorite smells.
5. Finally, pay attention to your mouth and name *one* thing you can taste. If there is nothing you can taste, think about your favorite flavor.