

Countdown to Calmness

When we ground ourselves, we are more able to use our wise mind to radically accept things as they are, rather than desperately trying to change them.

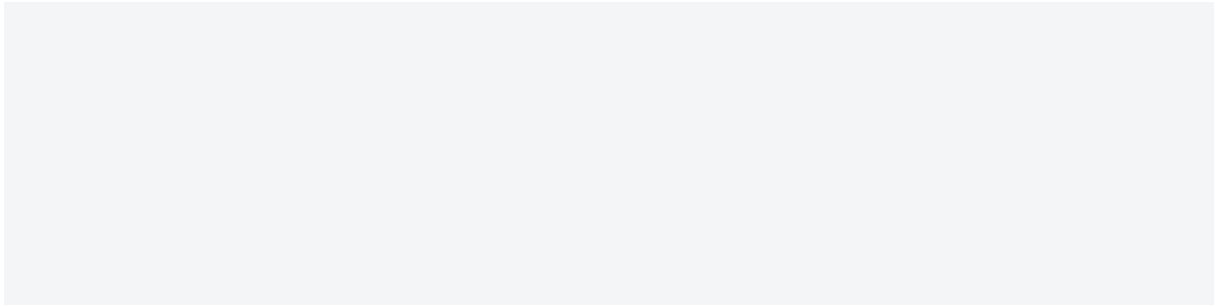
This exercise combines counting down from 5 while using your senses in a mindful way. Write your observations in the spaces provided below:

5. Acknowledge 5 things you see around you.

4. Acknowledge 4 things you can touch/feel around you.

3. Acknowledge 3 sounds around you.

2. Acknowledge 2 things you can smell around you.



1. Acknowledge 1 thing you can currently taste.

