

5, 4, 3, 2, 1 Exercise

Start with deep breathing.

Breathe in through your nose for **5** seconds, hold the breath for **2** seconds, and breathe out through your mouth for **5** seconds.

Continue this pattern until you find your thoughts slowing down.

Acknowledge 5 THINGS around you that you can SEE



Acknowledge 4 THINGS around you that you can TOUCH



Acknowledge 3 THINGS around you that you can HEAR



Acknowledge 2 THINGS around you that you can SMELL. This one may be tricky.....Whatever it may be, take in the smells around you.



Acknowledge 1 positive Thought. Anxiety can leave us feeling inadequate, or silly that we are getting “worked up over nothing.”

Positive thinking can help bring about a positive feeling in yourself.

