



Mindfulness: The 5 senses exercises

Mindfulness is our ability to pay attention to the present moment, with curiosity and without judgment.

Practicing mindfulness has several benefits including increased empathy and compassion, improved immune functioning, increased happiness and optimism, improved sleep, greater focus and concentration, and reduced anxiety and stress.

There are various ways to practice mindfulness including, but not limited to, meditation and bringing attention to our daily activities.

The Five Senses Exercise

One example of a mindfulness exercise is called the Five Senses Exercise. The goal is to calm your mind by using your five senses to focus on your environment instead of your thoughts.

Here are the steps to complete this exercise:

Name 5 things you can see

Name 4 things you can touch

Name 3 things you can hear

Name 2 things you can smell

Name 1 thing you can taste