



Feel-Good Friday

When worries about the future swirl in your mind and panic begins, try using the “**5-4-3-2-1 Method**” to engage your five senses and bring you back into the present moment.

Acknowledge in your mind or name out loud:

- **5 Things You See with Your Eyes** — You can also describe details of them, such as a dog with a long tail, a folded blanket, a swivelling office chair, sunlight streaming through the window, and a tree blowing in the breeze outside.
- **4 Things You Feel Physically or You Are Touching with Your Skin** — For example, the softness of the cushion on your seat, the hard floor beneath your feet, the warmth of your socks, and the texture of your sleeves.
- **3 Sounds You Hear with Your Ears** — For example, the whirring sound of a computer fan, the hum of air blowing through vents, and a car driving down the street.
- **2 Smells You Sense with Your Nose** — If you don't notice any current scents, imagine potent smells like freshly baked cookies, newly cut grass, or a rainy day.
- **1 Taste You Have on Your Tongue.**— This could be a food, a drink, or a toothpaste flavor lingering in your mouth. If you don't notice a taste, imagine the taste of your favorite food.

When you worry, an alarm system in your brain sets off physical reactions in your body as if a threat is actually present in the moment. By engaging your mind with input from your five senses, you can calm your body's anxious reaction and activate a part of your brain that can reason and respond thoughtfully. Adults and children may benefit from working through the steps of the “5-4-3-2-1 Method.”

You Can Calm Yourself Through Awareness of the Present

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