



Observing Through Your Senses

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Utilising this Exercise:

This exercise serves as a valuable technique to remain present in moments of heightened anxiety, stress, or overwhelming emotions, as well as to clear racing thoughts.

How to Practice "Observing Through Your Senses":

Find a comfortable position and take notice of your surroundings. Engage your senses by identifying five (5) things you can see, hear, and feel. Slowly name these observations either aloud or internally.

Next, repeat the exercise, this time naming:

- Four (4) things you see, hear, and feel
- Three (3) things you see, hear, and feel
- Two (2) things you see, hear, and feel
- One (1) thing you see, hear, and feel

Upon completion, reflect on any changes in your emotions or discomfort level. Assess if you feel more relaxed or potentially more stressed. Take note of any reduction in racing thoughts. If no noticeable changes occur, consider restarting the exercise until anxiety or stress decreases, and racing thoughts become less intense.

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