

Anxiety Relief

Come to Your Senses

Anxiety got your stuck? Can't think?

This technique, it can be done anywhere (except when driving) AND it takes less than 2 minutes.

Start with a deep breath in and s-l-o-w-l-y let it out.
Do this 2 more times.

What do you SEE - look around - do this slowly.

What objects, color, lights, do you see? Focus on them, be aware of them, really look at them.



What do you HEAR - close your eyes, or gently look down, and listen: what do you hear? Do you hear mechanical sounds, voices, traffic...Listen, focus on the sound. Really hear each one.



Come to Your Senses

What do you FEEL (touching) - close your eyes, and tune into what your body is touching - your feet on the floor, the temperature on your skin, your hands, surface you are resting on..... Really feel the sensation!



What do you SMELL - continue with your eyes closed, or gently looking down - what do you smell? Breathe slowly, notice any aromas. Pleasant, unpleasant, neutral. Really smell.

What do you Taste - eyes closed, or looking down - taste your lips, the inside of your mouth. The five tastes: sweet, salty, sour, bitter, savory

Now, you are back in your body,
what is the next thing you need to do?

