



Connecting your Mind and Body

Life can be stressful at times. Use this exercise to let go of negative thinking and worry, reduce stress, increase focus, jumpstart creativity and notice changes in your surroundings.



1. Plant your Feet

Make sure both your feet are planted flat on the floor. Sit up straight and feel your feet touching the floor.



2. Breathe

Inhale slowly and count to 5. Next, exhale completely while counting to 5. Repeat 5 times.



3. Five Senses Exercise

Sight: Look around you and list 5 things you notice, without using judgments.



Hearing: List 4 things you hear. If one sound draws your attention, focus on it for a moment and then listen to another sound.



Touch: Explore your surroundings in terms of what you literally feel and list 3 things you feel (wet, dry, hot etc.).



Smell: List two things you can smell and see if you can detect any specific aromas.



Taste: Anytime you eat, notice whether it is sweet, spicy, salty etc.