

WE ALL HAVE MENTAL HEALTH



5-4-3-2-1

Find a comfortable seated or standing position.
Tune into all your senses and start to notice
what is around you.

Try to identify:

- 5 Things you can see
- 4 things you can see
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Self-Care Tip: Mindfulness actions utilizing any of
the 5 senses are a great way to GROUND oneself
and practice self-regulation