



MINDFULNESS AND THE FIVE SENSES

When you are stressed, it might seem difficult to be mindful, but it can be pretty simple. When you notice any of your senses, you are in the present; you are mindful of something right now in this very moment.

There are five senses you can pay attention to:

- Sight
- Smell
- Touch
- Taste
- Hearing

Right now, write down what you:

See

What do you see around you, behind you, on you, right in front of you?

Smell

What do you smell? You might want to close your eyes.

Touch

What do your clothes feel like? What are you in contact with: a chair or some other object? What position are you in: sitting, lying down, or some other position? What do you feel with your hands! With other parts of your body?



Taste

What do you taste? Can you taste the air? Can you taste something you recently ate or drank?

Hear

What do you hear? It might help to close your eyes.

By focusing on your five senses, what did you notice that you hadn't noticed before?

Perhaps you were unable to notice anything with one or more of your senses. That is perfectly normal. Just notice what the absence of sight, smell, touch, taste, and sound is like.

North East Counselling Services

Metropolitan House

Long Rigg Road

Gateshead

NE16 3AS

Call 0191 4661314 or email info@necounselling.org.uk