

MINDFULNESS
TIP SHEET #3

THE 5 SENSES

Mindfulness is a tool we can utilise to bring us back to the present, rather than being immersed in our own thoughts, feelings or behaviours.

Sometimes, when events are overwhelming or too intense to be mindful, we can use The 5 Senses to help bring us back to the present moment.

Moving onto your **ring finger**, symbolising **four**, label **four things you feel**. In a similar sense to the previous step, label without judgement and use objective statements. An example can be "I feel my feet on the floor, I feel the clothes against my skin" etc.

Starting with your **little finger** (next to the ring finger), symbolising **five**, look around and label **five things you see**. Describe them without judgement, using simple statements such as "I see a red sign".



Moving onto your **middle finger**, symbolising **three**, label **three things you can hear**. Remember to keep your descriptions as objective, examples can be "I hear people talking next door, I hear cars driving across the road outside" etc.

Now move to your **index finger**, symbolising **two**, label **two things you smell**. Describe them as objectively as you can, rather than "I smell something tasty", use "I smell chocolate".

Finally, move to your **thumb**, symbolising **one**, label **one thing you can taste**. Using objective descriptions, label what the inside of your mouth might taste like. Are you currently chewing gum? Can you taste any leftover tea or coffee? Do you maybe taste a meal you had earlier?

If you or someone you know needs help contact **TIACS** on 0488 846 988 or your organisation's Employee Assistance Program (EAP), your GP or call: **LifeLine** on 13 11 14, **Kids Helpline** on 1800 551 800, **MensLine Australia** on 1300 789 978 or the **Suicide Call Back Service** on 1300 659 467.