

# Wellbeing for the Bush

## 5 SENSES TECHNIQUE

Firstly, give yourself a moment to become mindful of your breathing. Take a few long, slow, deep breaths to return to a calmer state. Once you find your breath, go through the following steps to help ground yourself:



### What are 5 things you can see?

It could be a tree, a spot on the ceiling, or any aspect of your surroundings. You can say what you see out loud, in your head, or even write it down (it's a personal choice). Take your time to pay attention to what you are really seeing, including details like the colours and textures.



### What are 4 things you can feel?

Maybe it's the sensation of clothing on your body, how your neck muscles are feeling, or the feeling of the chair you are sitting in. You may want to pick up an object and think about how it feels in terms of weight, texture, and other characteristics.



### What are 3 things you can hear?

Pay attention to the sounds your mind has blocked out. Perhaps you can hear a clock ticking, a dog barking, or the wind blowing through the trees.



### What are 2 things you can smell?

This one might be hard if you are not in a stimulating environment. If you cannot sniff something out where you are, walk nearby to find a scent. Maybe you walk to a bathroom to smell soap or outside to smell something in nature, such as gum leaves.



### What is 1 thing you can taste?

What does the inside of your mouth taste like? Toothpaste, coffee, or the sandwich from lunch? Focus on your mouth and take in what you can taste.

### Lastly, don't forget to breathe.

Congratulations. By doing this activity you have taken some time to calm your mind and body. You can do this activity anywhere and anytime you need help to return to a calmer state.