

“5-4-3-2-1” RELAXATION TECHNIQUE

SEE HEAR FEEL

- Sit or lie in a comfortable position, and begin to notice what you can see, hear and feel.

- Fix your gaze on a small focal point in the room
Name 5 things that you can see in your peripheral vision (e.g. a lamp, a door knob, a picture etc.)
Then name 4 things you see in your peripheral vision
Then name 3 things you see in your peripheral vision
Then name 2 things you see in your peripheral vision
Then name 1 thing you see in your peripheral vision

- Think of what you can hear (e.g. the air conditioner, traffic, silence, a ringing in your ears, etc.)
Name 5 things that you can hear
Then name 4 things that you hear
Then name 3 things that you hear
Then name 2 things that you hear
Then name 1 thing that you hear

- Think of what you can feel with your sense of touch (clothing, the chair, the air in the room, etc.)
Name 5 things that you can feel
Then name 4 things that you feel
Then name 3 things that you feel
Then name 2 things that you feel
Then name 1 thing that you feel

***don't use this when driving or performing similar, complicated procedures**