

# MINDFULNESS #3 TIP SHEET

# 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.