Mindfulness

Mindfulness is about focusing on the present, being aware of your surroundings without judgement. It can help reduce anxiety levels and stress.

One simple mindfulness exercise is to notice what you are experiencing through your five senses. As your mind begins to concentrate on these things, it will be less focused on what is making you anxious or worried.

IDENTIFY FIVE THINGS YOU CAN SEE
IDENTIFY FOUR THINGS YOU CAN HEAR
IDENTIFY THREE THINGS YOU CAN FEEL
IDENTIFY TWO THINGS YOU CAN SMELL
IDENTIFY ONE THING YOU CAN TASTE