

# STRESS LESS

## in 5-4-3-2-1...

The next time you feel stressed or anxious, take a few minutes to tap into your senses. Get started with these five simple steps:

### TOUCH

How do your feet feel on the floor? If your jaw is tense, can you relax it? What happens to your chest as you inhale and exhale? For pet owners, how do Fido or Fluffy feel under your hand?

1



### SIGHT

Focus on an object in front of you. Name every color, shape, and texture you can see.

2



### SMELL

Light a candle, open a window to smell the air, or just take in the scents already around you. (Maybe you notice a lack of smell—that's OK, too.)

3



### TASTE

A healthy snack, breath mint, piece of gum, or sip of tea or coffee will do. But whatever you choose, savor the experience by noting each flavor.

4



5



### SOUND

Find sounds that are in and around you: stomach grumbles, traffic, a ticking clock, wind, distant barking, the softness of your breath ...

