



## Wellness Wednesday:

### Exploring your five senses

#### Key messages:

Mindfulness is the practice of living in the present moment by taking notice of all your senses plus your thoughts and feelings. You are not fixed on rehashing the past or worrying about the future, but instead focusing on what is happening right now and experiencing life in the present. You have five senses: sight, touch, hearing, smell, and taste. Food should be enjoyed with all five of your senses; taste, and smell, the beautiful presentation of food, texture, not only for the food but also for the eating utensils such as forks, plates, and bowls.

#### Activity: Mindfulness in 5, 4, 3, 2, 1

Before you begin this activity, find a comfortable place to sit and take three deep breaths.

Find **5 things you can see** around you. It could be a pen or a picture.

Find **4 things you can touch** around you. It could be your hair, the ground, or a cup.

Find **3 things you can hear** around you. It could be a car driving down your street or even your rumbling stomach if you are hungry.

Find **2 things you can smell** around you. Maybe it's your pencil or a smell from the kitchen.

Find **1 thing you can taste** around you. What does the inside of your mouth taste like: gum, what you ate for lunch?

*End this exercise with a long, deep breath.*

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