



Mindfulness against ANXIETY

An easy exercise that you can do at any time and in any place in order to calm your mind and your body.

5



Name 5 things you see

4



Name 4 things you hear

3



Name 3 things you can touch

2



Name 2 things you can smell

1



Name 1 things you can taste

During the exercise be sure to breathe mindful with focus on each item you notice

