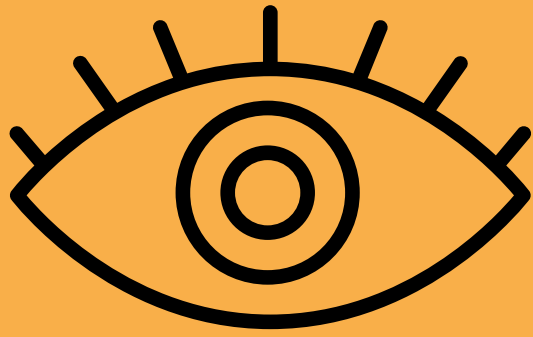


5 - 4 - 3 - 2 - 1

# MINDFULNESS METHOD

A calming exercise that brings you to the moment and tests your five senses



5

things that you can see



4

things that you can touch



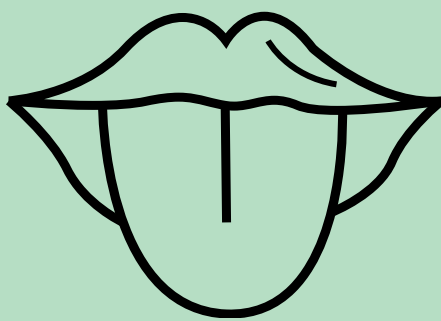
3

things that you can hear



2

things that you can smell



1

thing that you can taste