

## THE "54321" METHOD

This exercise can help you to feel calmer when you are feeling stressed, anxious, or panicked.

Take a deep belly breath to begin.

5 - LOOK: Look around for 5 things that you can see, and say them out loud. For example, you could say, I see the sink, I see the cup, I see my shoes on the floor.

4 - FEEL: Think of 4 things that you can feel, and say them out loud. For example, you could say, I feel my feet warm in my socks, I feel the hair on the back of my neck, or I feel the pillow I am sitting on.

3 - LISTEN: Listen for 3 sounds. It could be the sound of traffic outside, the sound of people talking on the wing, or the sound of your tummy rumbling. Say the three things out loud.

2 - SMELL: Say two things you can smell. This might be a bit tricky but it might be that you can smell the mustiness of the room or your cup of coffee.

1 - TASTE: Say one thing you can taste. It may be the toothpaste from brushing your teeth, or the taste of something you have just eaten.

Take another deep belly breath to end.