

Five Senses Mindfulness

What is the Five Senses Mindfulness exercise?

The Five Senses Mindfulness exercise is a simple way to feel grounded and centered, even on a difficult day. During this exercise, you focus on your five senses—sight, sound, smell, taste, and touch. Focusing on these senses can help you feel calmer.

How to perform this exercise

You can practice this exercise anywhere—at home, on a busy street, on a bus, or in a quiet spot outdoors. You only need about five minutes of uninterrupted time.

Step 1: Sit quietly and tune into your body. Take a few slow, deep breaths, noticing the air as it moves in and out of your nose and mouth.

Step 2: Focus on all five senses, or just one at a time. Here are some examples:

- **Sight:** Observe the world around you. Look for colors, light changes, textures, and movement. Pay attention to things you might usually overlook such as a leaf, a shadow, or the edge of a table.
- **Sound:** Close your eyes and listen. Hear music, nature, the wind, or water. Notice sounds as they come and go, without holding on to them.
- **Smell:** Focus on the scents around you. Can you smell food, flowers, laundry, or perfume? Breathe them in mindfully. You can also smell something small, such as chocolate, an orange, or a favorite essential oil.
- **Taste:** Notice the flavors of what you eat or drink. Savor a piece of fruit, chocolate, or a sip of coffee. Pay attention to sweet, sour, bitter, or savory sensations without judging them.

- **Touch:** Notice how your body feels. Feel the pressure of your feet on the floor, the air on your skin, or the texture of objects around you. You can touch your pet, hug a pillow, or feel a surface with your hands. Notice hot, cold, soft, or hard sensations.

Step 3: When you finish, take a full, deep breath. Take time to appreciate your remarkable body that allows you to see, hear, smell, taste, and touch.

For more mental health educational resources, visit depressioncenter.org/toolkit.

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