

The 5 Senses Exercise

This mindful exercise can help you when you're feeling overwhelmed, having a panic attack, etc. It brings you back to the present moment!

What I can see:

What I can feel (touch):

What I can hear:

What I can smell:

What I can taste:



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-Thank you for the border!



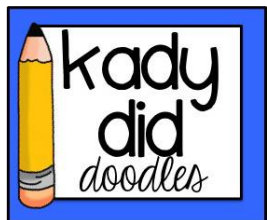
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