



PRACTICE: SENSORY EXERCISE

- **Sit in a comfortable, upright position** with your feet flat on the ground. Breathe naturally.
- **Notice five things you can see.** Take the time to look at the entire environment in your range of vision.
- **Notice four things you can hear,** particularly in the background.
- **Notice three things you can feel.** Maybe it's the floor beneath your feet or how your clothes feel on your skin.
- **Notice two things you can smell.**
- Lastly, **notice one thing you can taste,** maybe your drink at hand or your midmorning snack.



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