# 5 senses technique

focus on these when you feel anxious:

5 **things you can see**



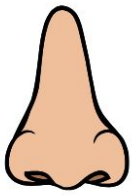
4 **things you can feel**



3 **things you can hear**



2 **things you can smell**



1 **thing you can taste**

