centrs marta

5-4-3-2-1

CENTRS MARTA



indoors | outdoors

coaching & mental well being

individual | pairs | group
(no limit for participants)

5 mins

bodywork

Purpose

- To ground and calm oneself and reduce the intensity of emotions.
- To promote awareness and the ability to be present.

Materials

No materials needed

Preparation

Can be done without any preparation.

Intro

When experiencing intense emotions, we can help ourselves by using our body and mind to modify the experience. This simple technique that focuses on our 5 senses can help to calm oneself and distance from the intensity of the current emotion.

5-4-3-2-1

Steps

1. Place yourself in a stable position and sense how your feet are touching the ground. Take a few calm breaths.

2. Take a careful look around yourself and in mind name 5 things that you see.

3. Focus on 4 different feelings that you can sense (e.g., clothing touching your body, wind on your face, rumbling in your stomach).

4. Listen and name 3 different sounds that you can hear.

5. Pay attention to 2 things that you can smell.

6. Finally, focus on 1 thing that you can taste. You can also take a sip of water or something else and focus on this taste.

Reflection

- How did you feel during this exercise?
- Was it easy/difficult to switch your attention from the current emotions to your environment and senses?
- Do you often notice what is around you and your senses in the current moment?

Comments

Activity can be used to bring participants back to the present moment after some intense experience or refocus after active discussions.
When done individually, the more often we practise this technique, the easier it becomes to bring oneself back to the present moment when things get too intense.