



THIS MONTH'S FIND
ANOTHER GOLDEN NUGGET

A Dose of Self-Care

What if the quickest path out of stress only required your senses? One of the most effective and widely taught techniques to help handle anxiety and overwhelm is the 5-4-3-2-1 Mindfulness Method.

This method is a sensory-based grounding exercise used by therapists, mindfulness coaches, and wellness practitioners to calm the nervous system in moments of stress or overwhelm.

Research on mindfulness and grounding shows that shifting attention to sensory experience activates the brain's prefrontal cortex—the region responsible for reasoning and emotional regulation—while quieting the amygdala, the center of the fight-or-flight response. This transition helps the body exit stress mode, lower heart rate, and restore clarity. The 5-4-3-2-1 method works because it anchors your attention to what's real and immediate, interrupting spirals of anxious thinking and reorienting you to the here and now.

TRY IT

5 — Look: Identify five things you can see.

Examples: the pattern on the floor, a shadow, a color you hadn't noticed.

4 — Touch: Notice four things you can feel.

Examples: your feet in your shoes, the texture of your clothing, your chair supporting you.

3 — Hear: Listen for three sounds.

Examples: distant traffic, a humming appliance, your own breathing.

2 — Smell: Bring awareness to two things you can smell.

Examples: your coffee, soap on your hands, fresh air. (If nothing is noticeable, think of two scents you enjoy.)

1 — Taste: Acknowledge one thing you can taste.

Examples: mint from toothpaste, gum, or even just the fresh taste of the air.

