

# HAPPY HOUR

## Mindfulness Moment



Mindfulness is a great tool for many different emotions and feelings. It can be calming when you are feeling stressed and can bring you back down to a calm space when you are feeling anxious!

Try this simple mindfulness exercise, this is more effective outside as there may be more going on for you to identify.

5, 4, 3, 2, 1

5 THINGS YOU CAN SEE

4 THINGS YOU CAN TOUCH

3 THINGS YOU CAN HEAR

2 THINGS YOU CAN SMELL

1 THING YOU CAN TASTE