

## The Five-Senses Return

*A grounding practice for when your thoughts have carried you too far away.*



Sometimes the mind moves ahead of the body.

It replays what already happened.

It rehearses what might happen next.

It searches for an answer before the present moment has even been noticed.

This practice does not ask you to stop thinking.

It gives your attention somewhere nearby to land.

### **Before You Begin**

You can do this wherever you are.

Move slowly.

You do not need to find five perfect things.

Simply let your senses remind you that you are here.



## Notice What You Can See

Look around and name five things you can see.

A colour.

A shape.

Light on a wall.

Something ordinary you had not noticed a moment ago.

Let your eyes move without searching for meaning.

*Five things are here with me.*



## Notice What You Can Feel

Name four things your body can feel.

Your feet inside your shoes.

The chair beneath you.

Air against your skin.

The weight of your hands.

Do not decide whether the sensations are good or bad.

Just notice contact.

*My body is in this moment.*



## Listen, Breathe, Return

Name three sounds you can hear.

Then notice two scents, even if one is simply the air.

Finally, name one taste—or take one sip of water and notice it.

Let the room become real again around you.

*I can return through my senses.*



## Carry It with You

The mind may still be busy when you finish.

That is all right.

The purpose was not to become perfectly calm.

It was to give yourself a path back into the room, the body, and the moment that is actually here.

Use this practice when your thoughts are racing, after difficult news, before sleep, or whenever the world inside your mind feels larger than the world around you.

*See.*

*Feel.*

*Hear.*

*Return.*