

BE HUMAN, NOT CONCRETE.



the
Hearten Up
podcast

with Joel Clapham

Worksheet: '5 things' regulation exercise

**Feelings of anxiousness are something we'll all experience at some stages in our lives.
It's part of the human experience.**

When those feelings are too frequent or too overwhelming, we can restore a feeling of calm by focusing on our senses and the present environment and moment.

- 1. Sit still and close your eyes.*
- 2. Breathe in for a count of four, hold for a count of four, exhale for a count of four, hold for a count of four.*
- 3. Open your eyes, and make note of what you can see, touch, hear, smell, and taste.*

5 things I can see:

1
2
3
4
5

4 things I can touch:

1
2
3
4

3 things I can hear:

1
2
3

2 things I can smell:

1
2

1 thing I can taste:

1

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