USING YOUR 5's

1

5 SENSES

5 THINGS YOU SEE, 4 THINGS YOU FEEL, 3 THINGS YOU HEAR, 2 THINGS YOU SMELL, ONE THING YOU TASTE

2

5 FINGER TAPPING

TAP ALL OF YOUR FINGERS TO YOUR THUMB WHILE SKIPPING YOUR RING FINGER. TRY TO GO FASTER EACH TIME.

3

BILATERAL TAPPING

INTERLOCK YOUR THUMBS WITH YOUR PALMS ON YOUR COLLARBONES, TAPPING EACH SIDE TO ACTIVATE STIMULI ENGAGING BOTH SIDES OF THE BRAIN.

4

5-5-5 BREATHING

IN FOR 5 SECONDS, HOLD FOR 5 SECONDS, OUT FOR 5 SECONDS.

5

5 THINGS YOU'RE GRATEFUL FOR

LIST 5 THINGS YOU'RE GRATEFUL FOR IN THE PRESENT MOMENT.

RADIANT RESILIENCE
COUNSELING SERVICES
PLLC.
Alyssa Ely, LSWAIC