

# 5 Mindfulness Strategies

## 1) 5 senses

- What can I see?
- What can I smell?
- What can I hear?
- What can I feel?
- What can I taste? (optional)

## 2) Cold Temperature

- Ice
- Cool water
- Fan/cool fresh air

## 3) Exercise

## 4) Alternative Breathing

- Exhale longer than inhale
- Box breathing

## 5) Distractions