

Mindfulness 3-2-1

Say out loud or silently:
3 things you can see
2 things you can touch
1 thing you can hear

Try it.

Wherever you are sitting, pause and take two to three slow breaths. Pause for 10 seconds.



Now name **3 things you can see** around you. Pause for 10 seconds.



Now name **2 things you could touch** near you. You don't need to touch them, just things that would be within your reach. Pause for 10 seconds.



Now name **1 thing you can hear**. This can be an external or internal noise.
Pause for 10 seconds.

Now take 2 more slow breaths. Pause 10 seconds.