

RESILIENCY

Resiliency In The Moment: 5-4-3-2-1 Mindful Moment



“Mindfulness isn’t difficult, we just need to remember to do it.”

- Sharon Salzberg

A simple, portable mindfulness practice.

The 5-4-3-2-1 grounding technique is an easy way to be mindful in the moment! The next time you feel anxious, stressed or just unfocused, bring yourself to the current moment by noticing the following around you:

- 5 things you can see (*your hands, the sky, a plant*)
- 4 things you can feel (*feet on the ground, the chair*)
- 3 things you can hear (*birds chirping, your breath*)
- 2 things you can smell (*coffee, your lunch, clothes*)
- 1 thing you can taste (*mint, gum, the fresh air*)

Visit thrivebybjc.org for your employee well-being resources at BJC

Need more help? Employee assistance is available at bjceap.com or (314) 747-7490