

CALM YOUR WORRY WITH YOUR SENSES

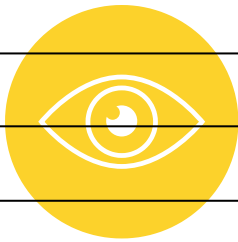
When worries take over, you can use your five senses to bring yourself back to the present and feel calmer. Try this activity to help you refocus and relax.

Step 1: Take a Deep Breath

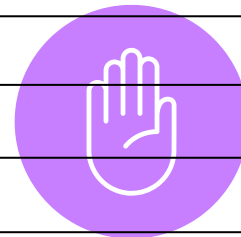
Before you start, breathe in slowly through your nose... hold it for a moment... and breathe out through your mouth.

Step 2: Use Your Senses

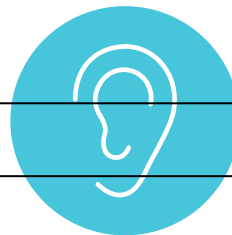
Look Around -
Find 5 things you can see.



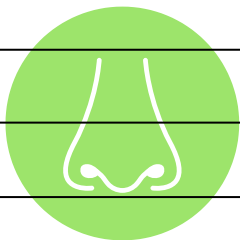
Feel the Touch -
Find 4 things you can touch.



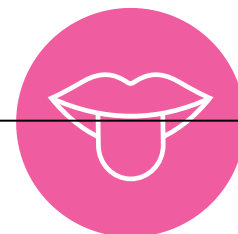
Listen Closely -
Find 2 things you can hear.



Smell the Scents -
Find 3 things you can smell.



Taste Awareness -
Find 1 thing you can taste.



Step 3: Notice How You Feel

After using your senses, how do you feel now?



Remember: Your senses help bring you back to the present.
Any time worries feel big, use this activity to feel calmer!

See Our Websites for More **Free** Resources

1 www.socialworkerstoolbox.com

www.SocialWorkersToolbox.com

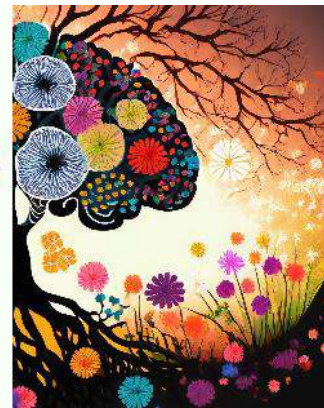
Free social work resources for direct work



2 www.anxietyhelpbox.com



www.AnxietyHelpBox.com
Free Anxiety Tools & Resources



3 www.feelingshelpbox.com

[www.FeelingsHelpBox.com](http://www FeelingsHelpBox.com)

Free Emotions & Feelings Resources



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