

Three Senses

Another helpful mindfulness trick is simply to notice what you are experiencing right now through three senses — sound, sight, and touch. Take a few breaths and ask yourself:

“What are three things I can hear?”

clock on the wall, car going by,
music in the next room, my breath...



“What are three things I can see?”

this table, that sign, that person walking by...

“What are three things I can feel?”

the chair under me, the floor under
my feet, my phone in my pocket...



Think of these answers to yourself slowly, one sense at a time.
It's impossible to do this exercise and not be present and mindful!

Adapted from Anxiety Canada: anxietycanada.com/articles/mindfulness-exercises

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