

# USING SENSES MINDFULLY

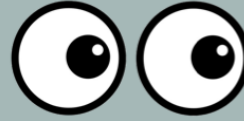
Being mindful involves using information from your senses to pay attention to the world around you.

This information can help you remain calm and focused on the present.

1

## SIGHT

Mindful observation is a powerful tool that allows us develop a connection to and appreciation of the world around us by noticing details and observing your surroundings



2

## SOUND

Paying attention to specific sounds around us helps us learn to focus on what is important and filter out distractions



3

## TASTE

Paying attention to what we eat is an opportunity to really experience tastes and food more meaningfully. Also, when we slow down, we are able to interpret more signals from our body about when we get full. Better digestion is an added benefit!



4

## SMELL

Our sense of smell is highly connected to our emotions and memories. Observing the smells around us helps us increase self-awareness and self-control.



5

## TOUCH

Tuning into our sense of touch helps us learn how various textures and temperatures make us feel. We gain more insight into how we connect with our environment and it allows us to feel more grounded.

