

MINDFULNESS HACK



5

THINGS YOU CAN SEE

Pay attention to your environment and notice the color, texture, size, and nuance of each thing.



4

THINGS YOU CAN TOUCH

What's the temperature? Is there a breeze? Can you feel your clothing? Are you being supported by a seat, or the ground?



3

THINGS YOU CAN HEAR

What sounds can you hear around you? What do you notice about them?



2

THINGS YOU CAN SMELL

Some scents are strong, others are gentle. Pick something up to smell -this could even be smelling your clothes, hair, etc.



1

THINGS YOU CAN TASTE

What is around you to taste? Take a sip or bite and notice the flavor. Is it sweet?



BURNOUT BUSTER *blueprint*



BURNOUT BUSTER *blueprint*



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