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One Minute Stress Reliever: 5-4-3-2-1

Sit upright, uncross your legs and arms, breathe.

5: State aloud 5 things you can see right now.

4: Touch and label 4 different things.

3: State 3 different things you hear.

2: Two things you can smell.

1: One thing you can taste.

One minute of mindfulness to help you center yourself into the here and now. (Henderson)