

## Coming To Our Senses: 5-4-3-2-1

### Overview of Tiny Tool

Believe it or not, your body is the authority on your life. It's got more wisdom in it than that brain will ever have! Unfortunately, through our childhoods and even adult lives we have gotten disconnected from our bodies. Because our well-intended caregivers wanted to supervise our behavior, or maybe felt uncomfortable about our unpleasant feelings, or didn't have the bandwidth to nurture and attend to such things as feelings, we sometimes needed to shelve what are bodies were sensing to survive and be loved. But no more!

So how does this disconnection between body and mind play out now? Think about it.

- You're ruminating and stewing about an encounter with a friend or customer service agent.
- You're lonely and exhausted, needing another drink or a raspberry-filled chocolate cupcake on the counter. Or one more Netflix episode.
- You're uneasy and restless about a pending decision and "jump in" anyway.
- You're famished and deny your body's needs to eat while you just finish up this 1-hour project that turns into 3.
- You can't get your Inner Critic's voice to power down.

If you've known any or all of these autopilot experiences, it's time to better link your body, heart, and mind. Why?

Paul Hawken states it so simply "**You heal a system by connecting more of it to itself.**" And yes, this is how we heal and flourish. Our bodies want nothing more than for us to show up for them with openness and curiosity. And when we do that, we tap new insights and deeper wisdom for ourselves and in turn, a little more calm and peace.

### Directions

1. First off, take three soothing breaths, marrying your mind with the sensations of the body. (That means dropping your storyline or narrative or stew.) Remember to inhale through your nose to the count of 3 or 4 filling your lungs and using your diaphragm. And then, exhale to the count of 7 to 8, gently exhaling but releasing all of the air within you by using your tummy muscles. It's this exhalation that biomechanically helps with calming.
2. Keeping your mind with your body, then Come to Your Senses. Look around you and name **5 things you see**.
3. Next, label **4 things you feel with your body**. This isn't such as the breeze on my face, the sun on my legs, that flippy sensation in my stomach, my feet on the floor.
4. Next note **3 things you hear** without making up any story about them. The golden-crowned sparrow's song, the hum of your computer, voices in the background. Just notice and name them.
5. Next, list **2 things you smell**. The mustiness of the room, your co-worker's lunch, your cup of coffee, or maybe your co-worker! (Just checking to see if you are reading through this.)
6. Finally, name **1 small thing you are grateful for**. Grateful for an interesting project. Thankful for a close friend. Appreciative of the sunshine today. Grateful for this glass of water.
7. Again, marrying your mind to your breath, take two regular breaths. Focusing your attention on the sensations of your breath and then releasing.