



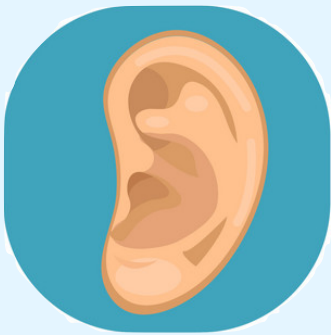
Mountain Mindfulness
THERAPY

The 5-4-3-2-1 Coping Technique



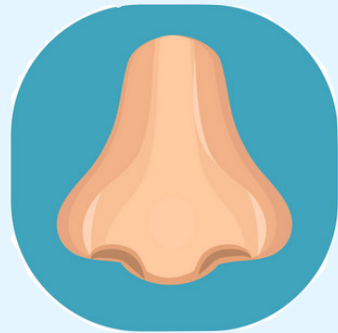
Acknowledge **5** things that
you can see around you

Acknowledge **4** things that
you can touch around you



Acknowledge **3** things that
you can hear around you

Acknowledge **2** things that
you can smell around you



Acknowledge **1** things that
you can taste around you

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