



Remote
Health

Course Materials

Mindfulness exercise

Explore the five senses



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Introduction (1)



Why mindfulness?

- For relaxation
- To connect with yourself
- For focusing
- To reach inside yourself here and now



Advantages of the exercises

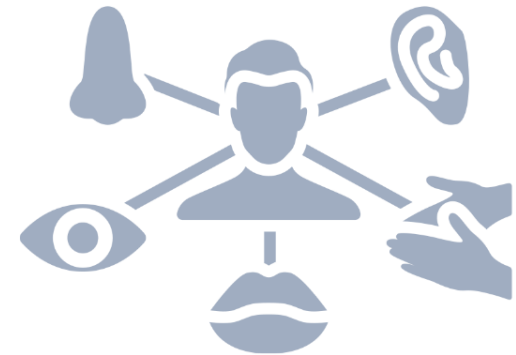
- Quick to do
- No equipment required
- No time and place limit



Sequence of the exercises

- Concentrate on exactly one sense at a time
- For each sense a certain number of perceptions should be named

1. See	5 perceptions
2. Feel	4 perceptions
3. Hear	3 perceptions
4. Smell	2 perceptions
5. Taste	1 perception



Implementation (1)



Sit down comfortably.



Take a deep breath in through your nose & out through your mouth.



Now name **5** things in your mind that you **see**.



Now name **4** things in your mind that you **feel**.



Now name **3** things in your mind that you **hear**.



Now name **2** things in your mind that you **smell**.



Now name **1** thing in your mind that you **taste**.



Take a deep breath in through your nose & out through your mouth.



Sources:

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<https://drive.google.com/file/d/14WWBSzSyGuRIlg9sC2lc85tmfYm2A1qd/view?usp=sharing>

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