

10 SECONDS OR MORE

Be present; Tune in; Notice

Come to your senses

This can be done any time, anywhere, for any length of time. All you need to do here is to use any or all of your 5 senses: **sight, sound, touch, taste, smell** – to plug in to the present moment.

Notice different colours or shapes you can see, bringing your attention to areas of light and shade, straight or curved edges;

Bring your awareness to the sounds you can hear, as if your ears were little microphones detecting the slightest sound. Not straining to hear but just picking up and following each sound you notice;

Tune in to the sensations you can feel. Notice the different textures, temperatures, or the weight of clothes or jewellery against your skin;

Tap in to your sense of smell and see if you can detect different layers of scent.

Use your sense of taste to savour a favourite food, or simply notice how your tongue distinguishes different flavours.