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5 SENSES METHOD FOR ANXIETY



In the fast paced world of hospitality, finding quick ways to ease anxiety is crucial. Try this "5 Senses Method" to help center you during a high stress moment.

Take five deep breaths: breathe in for three seconds, and exhale for three seconds. In through your nose, out through your mouth.

1. ****Sight:**** Take a moment to look at something near you, like a photo on the wall, a plant or bookshelf. Describe what you see out loud or internally to yourself.

2. ****Touch:**** Engage your sense of touch by feeling something near you—soft fabric, a warm mug or even the sensation of your own fingertips. This is all about grounding yourself in the present moment. Describe what you feel out loud or internally.

3. ****Smell:**** Inhale deeply and focus on a scent around you. Your own shampoo or perfume. Again, describe this scent to yourself.

4. ****Hearing:**** Tune into the sounds around you, whether it's birds chirping, music or background noise from your busy back office. What do you hear? Describe it to yourself.

5. ****Taste:**** Think about the last thing you ate. Was it sour, sweet, or salty? Can you still taste it? Describe it to yourself.

End with five more deep breaths.

These simple actions take just seconds but can make a world of difference in reducing anxiety and promoting well-being. Incorporate the "5 Senses Method" into your daily routine for a pause whenever you need it!

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