

Pocket Truths

Volume #4

Relax your mind with the 5 senses



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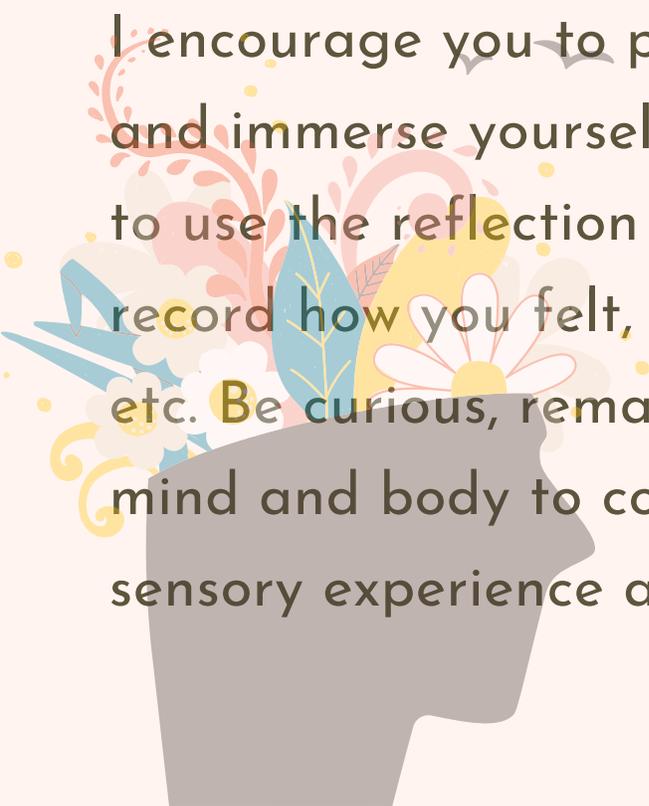


Introduction

Let us take a journey through our senses using mindfulness. Mindfulness is such a fantastic tool to help you to feel more anchored in the here and now, allowing you to calm your body and mind.

This article provides a brief exercise for each sense to support you to experience greater sensory awareness and to learn the power of mindfulness.

I encourage you to pause; take a moment; reflect and immerse yourself in the present. It is important to use the reflection pages following each exercise to record how you felt, what you noticed, what surfaced etc. Be curious, remain open minded and allow your mind and body to completely relax and focus on the sensory experience at hand.



First up...

What is mindfulness?

Mindfulness is so much! It is being present, connecting with the here and now. It is being curious about what is happening in and around you (both in your mind and body, and your environment).

Mindfulness is slowing down, noticing and appreciating moments. It is remaining non-judgemental and open minded; inviting and accepting experiences, emotions and feelings.

The following video is a fantastic clip which highlights how mindfulness can help you to live a calmer, more balanced life. It highlights the 3 core components of mindfulness; holding our attention on purpose; immersing ourselves in the present moment; and remaining non-judgemental.

https://www.youtube.com/watch?v=iQn8Vuz_wCQ



#1 A mindful observation

This exercise is an audio. It will guide you through a mindful observation activity using only your hand. Prepare a quiet place to sit comfortably. Be curious about what you may notice about your hand; this attachment to our body we've always had but potentially never looked at so closely before.

After this exercise, use the reflection page to record your experience and what surfaced.

<https://www.actmindfully.com.au/free-stuff/free-audio/>

(Select the Audio: Mindfulness of the Hand, ACT made simple, chapter 9)



Reflections

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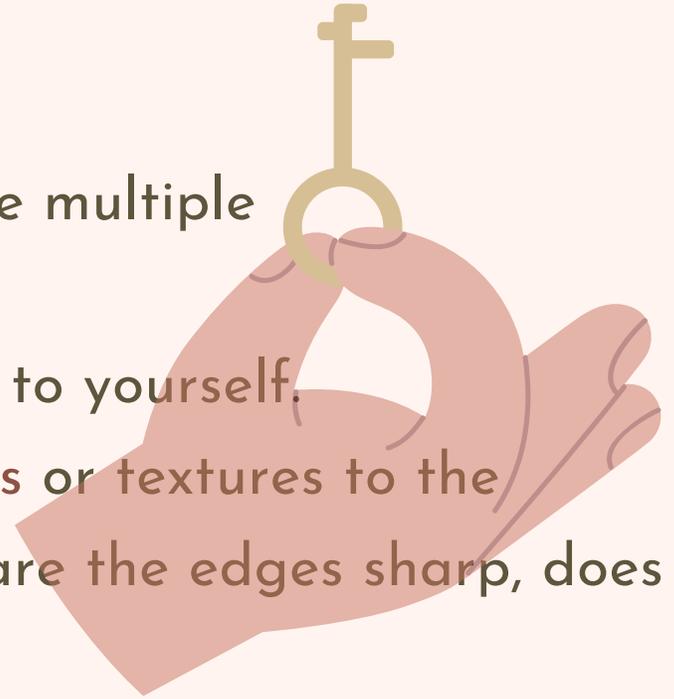
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#2 A mindful touch

This exercise requires you to select an object within your reach - nothing too sentimental. Take a moment to notice the object as you settle into the moment. As you are touching this object, ask yourself:

- What is its **colour**, are there multiple colours or different shades?
- What is its **size**; describe it to yourself.
- Are there different **surfaces** or textures to the object? Is it rough, smooth, are the edges sharp, does it feel bumpy?
- What is the **temperature** of the object?



How does the object **feel** in your hand? Close your grip around the object and hold tightly. What do you notice now?



Now soften your grip and rub the object between your fingers. Turn the object around and be curious about how it might feel now.

- What do you notice coming up as you are touching this object? Any thoughts, feelings, sensations.
- Now place the object down and put both your hands over your heart to end this exercise. Feel the rhythm of your heart as you take a deep inhale in, and exhale out.



Feel your chest rise up and down. Notice your breath, feel the natural rising and falling of your chest as you breathe in and out.



#3 A mindful sound

This exercise is a 5-minute Mindfulness Meditation using a bell. Focus your attention on the sound of the bell. Concentrate, but without straining. Stay with the sound as it fades to silence.

Sit comfortably, close your eyes and enjoy!

<https://www.youtube.com/watch?v=wGFog-OuFDM>



#4 A mindful smell

This exercise requires you to follow some prompts (perhaps you can find a buddy to read these out to you, or send yourself a voice note with the steps).

Sit comfortably and take 3 slow breaths. Rub your feet on the floor to ground yourself further into this practice. Allow yourself to dive deeper into the world of scents!



- What smells you can notice?
- Label them, take your time as you notice what is around you.
- Where are these scents coming from? Do they complement each other?
- Slow your breaths down and now bring your awareness to one of these scents. What is it?



continued ...

- Describe it. Is it sweet? Subtle? Is it strong or sharp?
- What do you enjoy about this scent? Describe some positive emotions or feelings which are surfacing.
- What do you notice in your mind or body as you further observe this scent? Does the smell trigger a memory or experience? How do you feel?

If your mind wanders, simply allow yourself the space to return to this scent for one final inhale.



Reflections

A series of 18 horizontal dotted lines for writing reflections.



#5 *A mindful taste*

This mindfulness exercise is a short video. The video will take you on a journey where you will enjoy a mindful taste using a cup of tea or coffee. Prepare a beverage for the exercise, find a comfortable place to sit, free from distraction and enjoy!

You might notice your mind drifting off during this exercise; this is normal. Gently encourage your mind to return to your tea or coffee and be curious about what you may experience or notice.

<https://www.youtube.com/watch?v=J43E-QwuHVI>



Reflections

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Signing off

I hope these sensory experiences have assisted you in learning how to anchor yourself to the present moment and become more curious and aware of your surroundings.

I encourage you to use your self-reflections as a way to guide you towards more mindfulness practices; knowing the positive impact mindfulness has on your mind and body.

With kindness and love,
Libby



About THE AUTHOR

Libby is the founder of Pocket Wellness and the author of Pocket Truths.

Libby is a Counsellor and Coach and has been working in the fields of rehabilitation and mental health since 2008.



Libby is fiercely passionate about wellness and well-being and dedicates her life to helping and supporting others.



About THE AUTHOR

Libby is sociable, engaging, conscientious, highly self-motivated and resilient. She loves to make a positive impact on others; to educate and empower them to live a more meaningful, engaged and positive life.

Libby loves all things wellness, travel, the expat life, food, exercise, sunsets and music. But more than anything in the world, she loves being a Mumma!

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