

## **5 4 3 2 1 Technique**

### **Description:**

- This technique uses sensory awareness to ground the mind in the present moment, shifting focus from past events to current activities.

### **Steps:**

1. **5 Things You See:** Identify five things you can see around you (e.g., the bike, other competitors, the ground).
2. **4 Things You Feel:** Focus on four things you can physically feel (e.g., the cool air, bike handles, and ground beneath your feet).
3. **3 Things You Hear:** Listen for three different sounds (e.g., crowd noise, the wind, your breathing).
4. **2 Things You Smell:** Notice two distinct smells (e.g., the fresh air, and sweat).
5. **1 Thing You Taste:** Focus on one thing you can taste (e.g., the remnants of your sports drink).

### **Modification:**

You can modify the technique to suit your needs if the full 5 steps feel overwhelming or unnecessary. Feel free to focus on only 3 or 4 steps, choosing which senses are most helpful for you in the moment.

### **Examples of Adjusted Steps:**

#### **3-Step Version:**

1. **3 Things You See:** Identify three things you can see (e.g., your bike, the finish line, a tree).
2. **2 Things You Feel:** Focus on two things you can physically feel (e.g., the ground beneath your feet, your helmet).
3. **1 Thing You Hear:** Listen for one distinct sound (e.g., your breathing).