

# Quick Mental Health Exercises

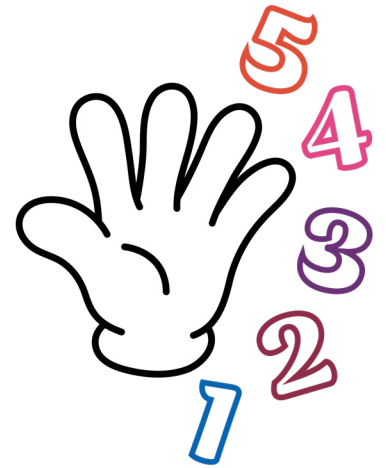


## Countdown to Calm

This quick grounding exercise (the 5-4-3-2-1 Technique) helps bring your focus to the present

- 5 things you can see (colors, objects, surroundings)
- 4 things you can touch (hair, ground, grass, paper)
- 3 things you can hear (fan, music, footsteps)
- 2 things you can smell (nature, perfume, nearby scents)
- 1 thing you can taste (gum, coffee, tea – or imagine a taste)

Source: *Countdown to Calm* by Esther Yu, M.A.



## Mindful Walking

Take a 5–10-minute walk to clear your mind

- Notice how your body feels before starting
- Breathe deeply and slow your pace
- Focus on each step – how your arms swing, legs move, and feet touch the ground
- If your mind wanders, gently bring it back to your senses
- Observe your surroundings and appreciate the environment

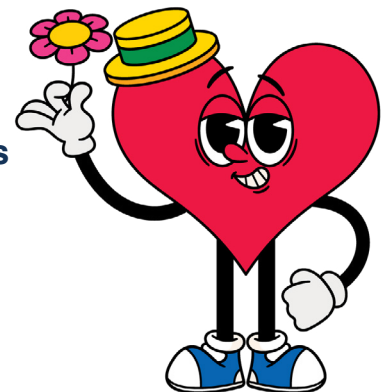
Source: *Mindful Walking* by Stephanie Franks, M.S.



## Mental Journaling

Writing is a simple way to decompress and process your thoughts

- Pick a journal and set aside a regular time
- Write freely – no rules, just expression
- Use this as a personal moment to reflect and release.



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