



Try 5-4-3-2-1 to lower stress in the moment

The 5-4-3-2-1 technique can help ease stress by bringing you back to the current moment, instead of dwelling on the past or worrying about what's coming next.

Give it a try:

- 5 Take a few deep breaths and name five things you can see right now.
- 4 Keep breathing deeply and think of four things you can feel—like the texture of your shirt or the firmness of the chair beneath you.
- 3 Close your eyes and notice three things you can hear.
- 2 Take another deep breath. Are there one or two things you can smell?
- 1 Notice one thing you can taste. Wrap up with one more deep breath.

Pro tip

Managing stress can make it easier to stick with healthy changes, and WeightWatchers® can help. When you join, the award-winning WW app connects you with mindful meditations, tips for building new habits, recipes, activity tracking tools, and a members-only support squad.

Double-Chickpea Pasta Salad

Here's a protein-packed, crowd-pleasing recipe that's perfect for a fun potluck picnic this summer.

[Double-Chickpea Pasta Salad](#) is delicious and super-easy to make ahead of time.



You get special pricing!

Join WeightWatchers through your organization today.

Contact your HR representative or call WW at 866-204-2885 for assistance.