



STOP AND LISTEN



In a private space, close your eyes and listen very carefully for one whole minute.



After the minute has passed, jot down every sound you could hear - no matter how quiet. If you could hear birds in the distance, see if you can name each type of bird. If you could hear someone stacking away dishes in the kitchen, what were they putting away?

USE YOUR SENSES



Go outside or look through a nearby window.



What sounds, movements, colours or smells do you notice? Do you feel the sun on your skin? What shapes are the clouds making? Can you hear rain pattering on the roof or wind rustling through leaves? Take a mental note of all the sensations you are experiencing.



RELEASE TENSION



Find a comfortable position either sitting or lying down.

Tighten the muscles in your forehead by raising your eyebrows as high as you can. Hold for 5 seconds, then release to feel that tension fall away. Now pull your shoulders up to your ears for 5 seconds, then release. Finally, squint your eyelids tightly shut, holding for 5 seconds. Now release your remaining tension.

BREATHE



Find a quiet place to sit and close your eyes.

Take a deep breath in and out. Then, take another deep breath in and this time visualize the air moving down your body and filling up your lungs. Take 5 more deep breaths like this. When you are ready, open your eyes.



BREATHE AGAIN



Sit in a chair with your feet laid flat on the floor. Close your eyes.

Breathe in counting to four slowly, feeling the air enter your lungs. Hold your breath for 4 seconds. Now slowly exhale through your mouth for 4 seconds. Repeat these steps for 3 minutes.



STRETCH IT OUT



Find an open space where you are able to lengthen your body.

In a standing position, bring your arms overhead as you take a big breath in. Exhale and sway to your right, reaching over your head with your left hand. Inhale and come back to the center, and as you exhale, reach your right hand over to the left. Inhale and reach both of your arms up together. Repeat this for three breaths.