

I invite you now to stop whatever it is you're doing. Sit comfortably. Then join me in taking one deep breath in and out.

Now look around the space where you are and name four things you can see.

Name now four things you can hear.

Look around where you are sitting. Name four things you can touch. Touch them.

Name three things you can see.

Name three things you can hear.

Name three things you can touch. Touch them.

Now name two things you can see.

Name two things you can hear.

Name two things you can touch. Touch them.

Now name one thing you can see.

Name one thing you can hear.

Name one thing you can touch. Touch it.

Take a big breath in and let it out slowly. How do you feel now?