

MINDFUL LISTENING

Sitting comfortably, closing your eyes, pay attention to the sounds that surround you. Notice what you hear. *Voices? Machines? A phone ringing? Birds singing?* Zooming your attention to the sound of your breathing, just listen for a while.



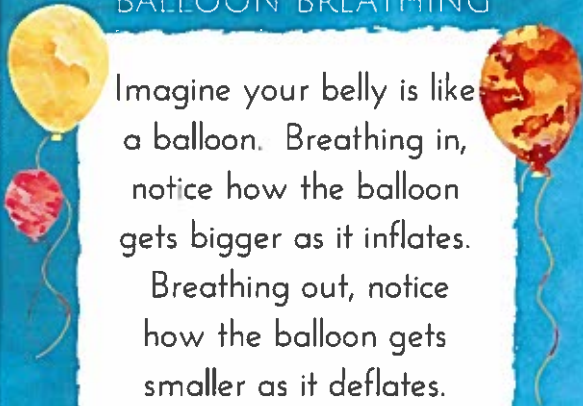
5 FINGER BREATHING

Slowly trace your left hand with your right finger, starting where your hand and wrist meet. As you trace each finger breathe-in as your finger climbs up and breathe-out as your finger slides down. Then switch hands.



BALLOON BREATHING

Imagine your belly is like a balloon. Breathing in, notice how the balloon gets bigger as it inflates. Breathing out, notice how the balloon gets smaller as it deflates.



BELLY BREATHING

Placing your hands on your belly, notice how they gently rise and fall as you breathe-in and breathe-out. Like waves in the ocean.



THE GIFT FROM ANGER

Noticing the felt sensations of anger, take a moment to just witness how your body feels. Breathing-in, breathing-out, *where do you feel the anger? What color is it? Temperature? Shape? Texture?* Now imagine that anger is your good friend. *What is it telling you you need?*



NATURE GRATITUDE

Quietly, to yourself, name three things in nature for which you are grateful. As you recall these things, send them a thank you. For example:
*Thank you, trees.
Thank you, rain.
Thank you, ladybugs.*

