

## Mindfulness 5 - 4 - 3 - 2 - 1

Think about:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

## Gratitude Break

Take a moment to think about what you are grateful for in life:

- People you are grateful for
- Places you are grateful for
- Things you are grateful for

## Deep Breaths

Lie down and place your hand on your belly. Close your eyes and take 10 deep breaths.

Notice your hand moving up and down as you breathe.

Do you feel relaxed?

## Calming Music

Search for calming music on Youtube. For example, it could be ocean waves. When you've found one you like, get into a comfy position, close your eyes, clear your mind, listen to the sounds and relax.