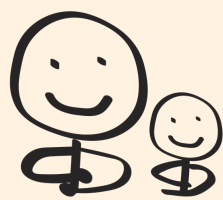




## Who can do it?



Everyone!

## When can you use it?



When you feel worried, anxious, stressed and/or restless.

## How to do it?



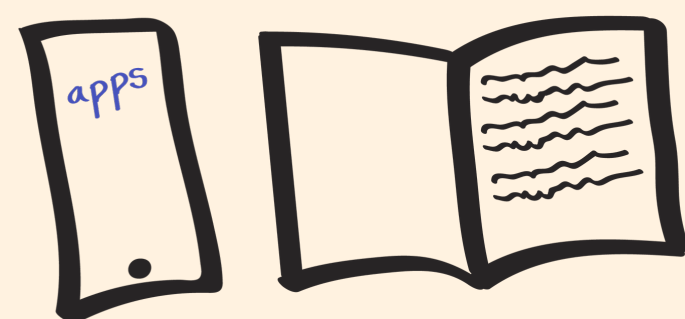
- Think of a favourite spot, real or imagined, that makes you calm and happy: The first rain, perhaps a beach at sunset, a comfy chair, or a stream in the forest. Focus on details.
- Can you smell the earth wet from the rain? See bubbles in the water? Hear the gurgle and splashing?

## How will it help?



- It will help you to get in the "present".
- It will reduce anxiety while the body attains harmony through breathing.
- It will help you be more mindful.

## What are the resources required?



There are some apps that can help you through this process: Calm, Headspace, Senseful and Serenity.