

Evening Calm



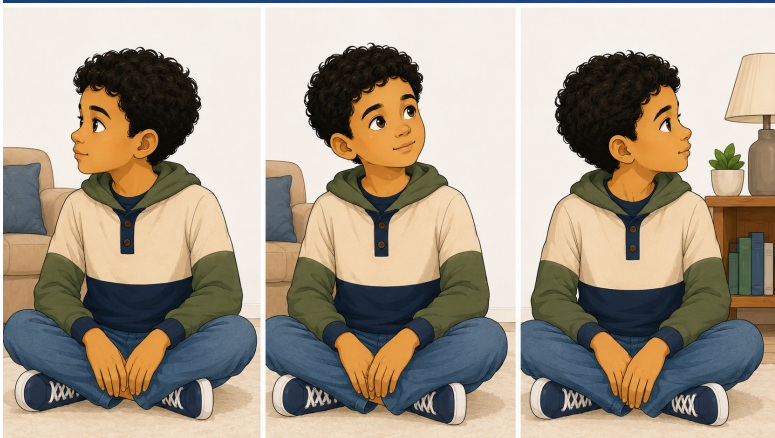
Gentle Stretch and Release

Slowly stretch your arms or shoulders, then let them relax.



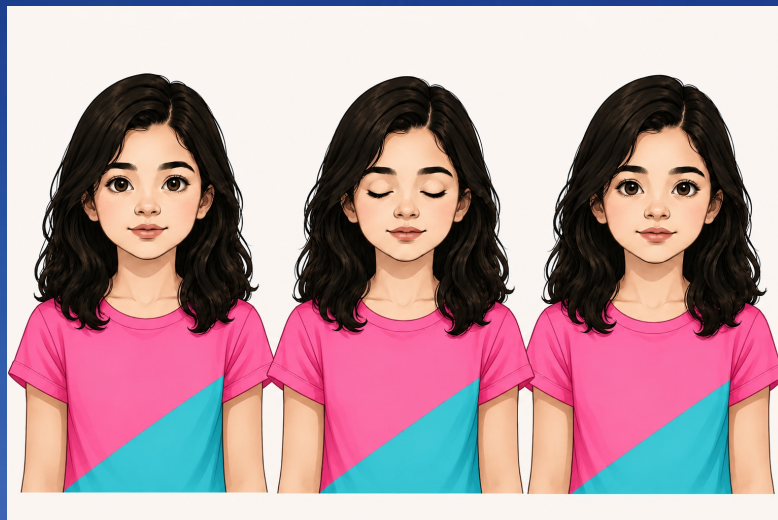
Notice Quiet Sounds

Listen for quiet background sounds around you without trying to figure out what they are.



Look Around Slowly

Slowly look around the room, letting your eyes move from one thing to another.



Slow Blinking

Blink slowly a few times, pausing briefly between each blink.