

Evening Calm



Gentle Stretch and Release

Slowly stretch your arms or shoulders within a comfortable range, then let them relax.



Notice Quiet Sounds

Notice quiet background sounds around you without trying to focus on or figure them out.



Look Around Slowly

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



Slow Blinking

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