

EVENING CALM



Gentle Stretch and Release

Move your arms or shoulders slowly within a comfortable range, then allow them to relax.



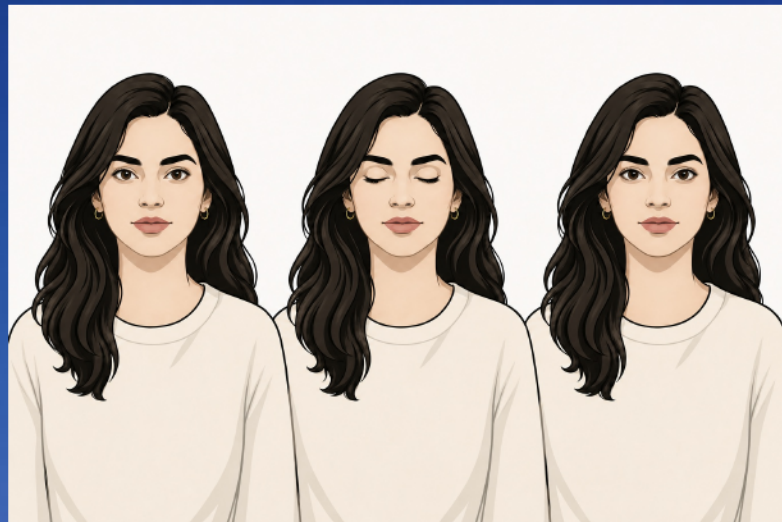
Attend to Quiet Sounds

Notice low, background sounds in your environment without focusing or analyzing.



Slow Visual Scan

Gently look around the room at a relaxed pace, letting your eyes move without effort.



Slow Blinking

Blink your eyes slowly a few times, allowing brief pauses between blinks.