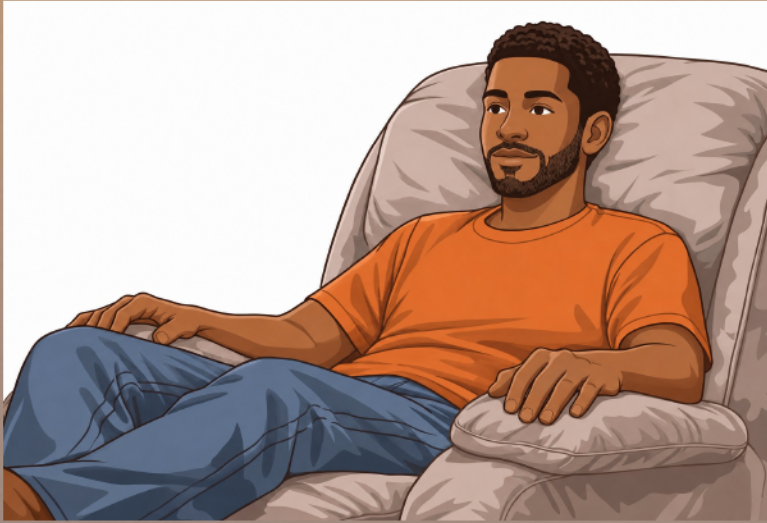


QUIET TIME



Rest in a Comfortable Spot

Choose a comfortable, supported place to sit or lie down for a few minutes.



Focus on a Quiet Sound

Briefly focus on the quietest sound you can notice in the room.



Brief Eye Rest

Close your eyes for a few seconds, then open them slowly. Repeat once if helpful.



Hold a Grounding Object

Hold a neutral object (soft, smooth, cool, or warm) and notice its physical feel.