

Rest Calm



Gentle Stretch and Release

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



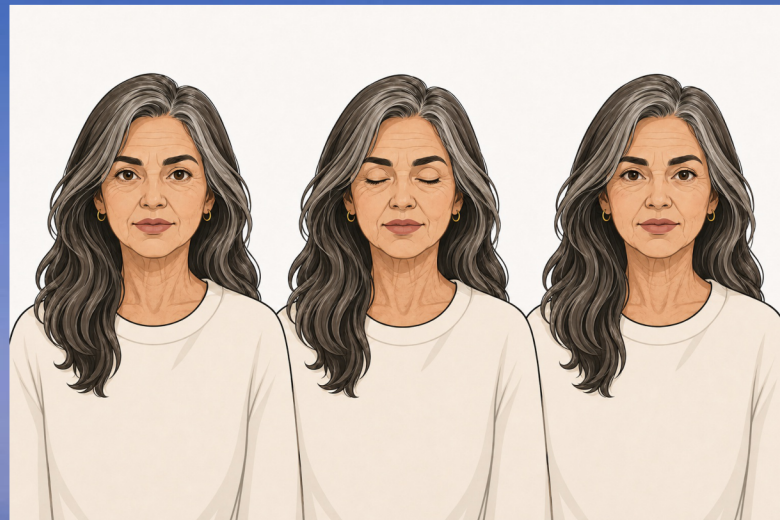
Notice Quiet Sounds

Notice the softer sounds around you and let yourself listen for a short time without needing to focus on them.



Slowly Look Around

Gently look around the room at a comfortable pace, allowing your eyes to move naturally from one area to another.



Slow Blinking

Blink slowly a few times, allowing your eyes to rest briefly between each blink.