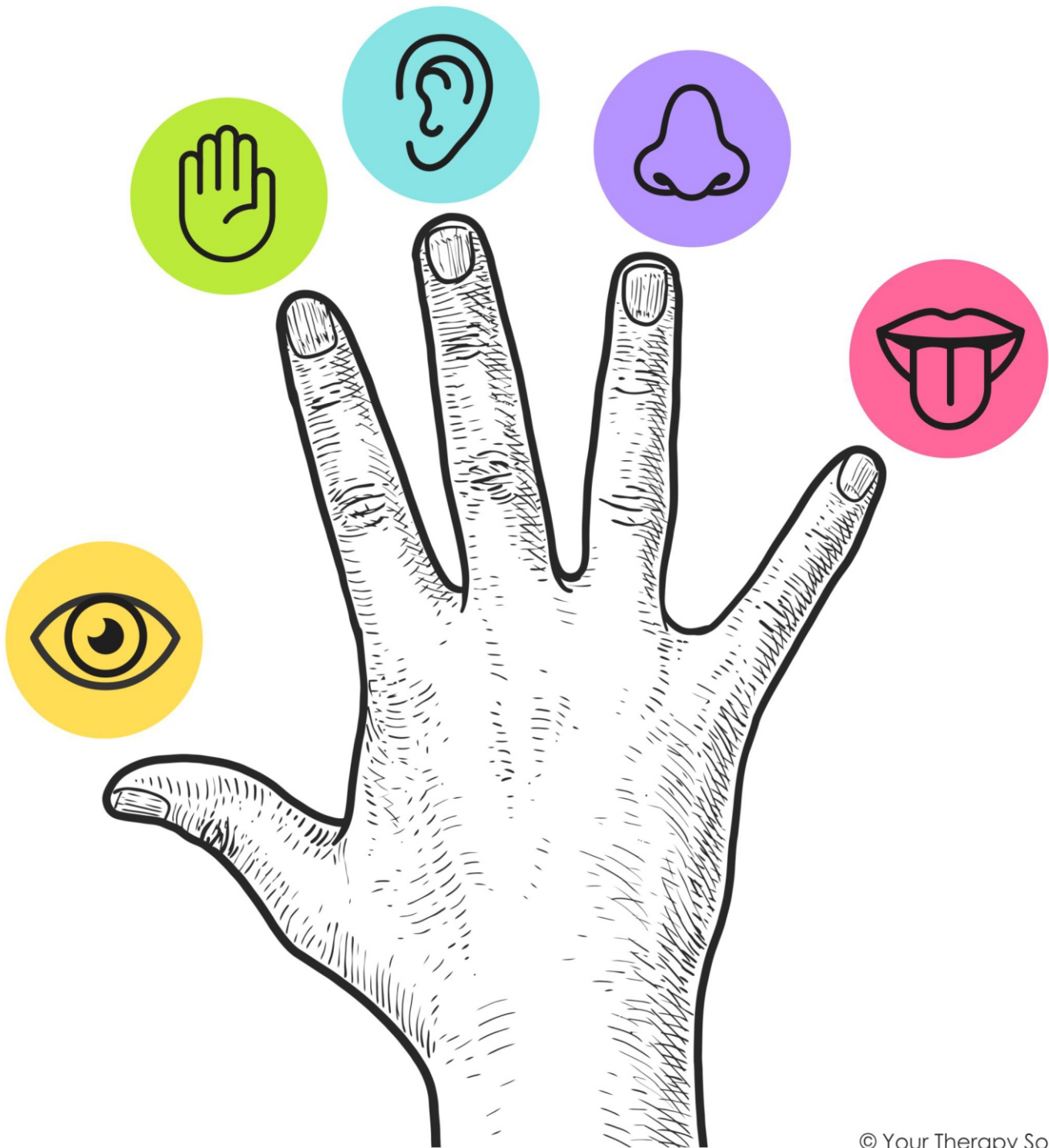


Stay Calm ♥ Stay Safe ♥ Stay Present

Take deep breaths. Touch the tip of your thumb and think of something you love to see. Slide your finger up to the tip of your index finger and think of something you love to touch. Slide your finger down and up to the tip of your middle finger and think of a sound you love to hear. Slide to the tip of your ring finger and think of something you love to smell. Slide to the tip of your pinky finger and think of something you love to taste. Finish by tracing over your hand again and say or think "I am calm, I am safe, I am present".



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