

# Bite-sized body awareness

- 1 Tuning in to your tea or coffee for 30 seconds



- 2 Take 4 : 2: 6

Breathe in through nose for a count of 4 ~ hold for 2 ~ exhale through mouth for 6.

- 3 Picture your mind as a blank canvas with thoughts floating over



- 4 Body scan -relax left toe 1, toe 2, toe 3, toe 4, toe 5, sole of foot, left ankle, top of the foot, calf muscles of the left leg etc



- 5 Tune in : what emotions and sensations are you feeling in your body right now?