

Begin by bringing your attention into your body.

You can close your eyes if that's comfortable for you. Find a comfortable position, either in your chair, on the floor, or wherever else feels comfortable.

Take a deep breath, then exhale slowly. Repeat this 5 times.

Bring attention to your breathing. Feel your lungs expand and fill with air.

Keep your breathing slow and controlled.

Concentrate on something - in this moment - that you are grateful for. It can be big or small. It may be a roof over your head, air conditioning, a warm bed, a job, or even just being alive and able to feel.

Take a deep breath. Hold for 5 seconds. Exhale.

Now concentrate on somebody you are grateful for. You may deeply love and appreciate this person. This person may make you feel happy, loved, and supported. Focus on how this person makes you feel.

Take a deep breath. Hold for 5 seconds. Exhale.

Next, think of a place that you love. Maybe this place makes you feel safe. Maybe you feel warm and happy. What do you feel? What do you smell? What memories does this place evoke?

Take a deep breath. Hold for 5 seconds. Exhale.