My Islands of Calm

Noise wears you out too. Collect the things that give you a moment of calm in your day.

When did it get too loud for me today?

Where can I find three minutes of quiet in my day?

Sounds I find soothing:

Three minutes for you

Sit down, both feet on the floor.

Breathe out slowly three times, longer than you breathe in.

Let your shoulders drop.

Look out the window and find three things you can see.

My island of calm for tomorrow: