**Feel**

**What is going on in your body, where does the energy shift?**

**Orient**

**Focus on one to three objects in the room that make you feel safe and comfortable.**

**Breathe**

**Are you still breathing (through your nose is the healthiest)? Become aware of changes.**

**Let go**

**Scan your body. Are you holding tension in your shoulders, neck, belly, legs,...?**

 **Move**

**Are you still present? Do you feel your body touching the ground under you? Have a good stretch.**

**"I accept everything"**

 **Open up to whatever arises for you, say Yes to any upcoming feeling. Love and hold yourself.**

**"I´m here for myself"**