





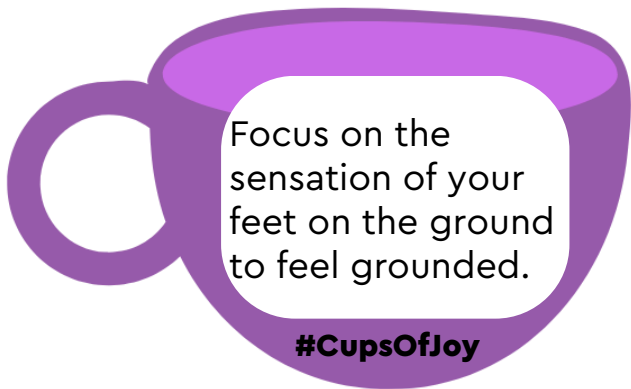
Listen closely to the ambient sounds around you.

#CupsOfJoy



Count five things you can see, four you can touch, three you can hear, two you can smell, and one you can taste.

#CupsOfJoy



Focus on the sensation of your feet on the ground to feel grounded.

#CupsOfJoy



Recall a funny memory or inside joke.

#CupsOfJoy



Daydream about an exciting goal or dream.

#CupsOfJoy



Plan a pretend holiday in your mind.

#CupsOfJoy



List five things you love about yourself.

#CupsOfJoy



