

THE FOUR ELEMENTS

EARTH

Place your feet on the ground. Notice the chair supporting you. Notice the sights and sounds of the room. Notice three new things...
What do you see?
What do you hear?

Notice if there is saliva in your mouth. Saliva helps us to manage our emergency response. Chew gum, drink water, or imagine yourself eating something sour, like a lemon.

WATER

AIR

Notice your breath. Breathe in for a count of 4, hold for 2, breathe out for 4, hold for 2. Continue breathing slowly and deeply, noticing each breath. Do this ten times.

Use your imagination and picture yourself in a peaceful place. What does it look like, smell like, feel like, sound like? What emotions and thoughts do you have when you picture yourself there?

FIRE

