

Heart Check-In

Ground your feet on the floor and place one hand on your heart & one hand on your stomach.

Close your eyes & begin to quiet your mind by taking slow, deep breaths in & out to the count of 3.

After a few breaths, pay attention to your hands on your chest & tummy as they rise and fall with your breath. Use your sense of touch to connect with your breath & focus on any emotions that you may need to let go of in the moment.