



Welcome

How To Get The Most From This Space

- ◆ Enter quietly
- ◆ Refrain from talking
- ◆ Adjust music conditions (without disturbing anyone)
- ◆ Turn off fluorescent lights, turn on a lamp, open blinds on windows
- ◆ Find a comfortable seat
- ◆ Set your phone's alarm to vibrate only
- ◆ Take a few slow and deep breaths
- ◆ Close your eyes
- ◆ State the goal of your quiet time silently to yourself
- ◆ Imagine an ideal location and activity
- ◆ Or choose to notice your slow and deep breathing rhythm
- ◆ Allow stressful thoughts to rise and exit through the ceiling
- ◆ Return to images and thoughts that make you smile
- ◆ Think about who you love and why
- ◆ Think about everything you are grateful for
- ◆ Stay awake and keep building up your feeling of joy
- ◆ When your time is finished, take a couple deep breaths and exit quietly