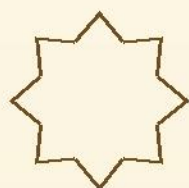


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Five Gentle Practices for a Restless Heart

1. Pause and breathe. Sit quietly and breathe slowly for two minutes, letting each out-breath be a little longer.
2. Name three blessings. Write down three things, however small, you are grateful for today.
3. Offer an intention. Say a prayer, dua or simple wish of goodness for someone you love.
4. Step outside. Notice the sky, a tree or the sound of water for a few unhurried minutes.
5. Speak gently to yourself. Ask, “What do I need right now?” and answer with the kindness you would offer a friend.

For people of every faith and none.

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