

Toilet Cubicle *Meditation*

When crisis calls, you do what you gotta do.

- Toilet cubicle meditation (It's not as silly as it sounds).

Step 1



Wash your hands before going into the cubicle.



Step 2

Once you've sat down sigh and then lay your upper body over your thighs and sigh again.

Step 3



If you can access your feet, give them a little squeeze and feel a sense of grounding.



Step 4

Count to 10. Unclench and release some more.



Step 5

Sit up and have a play with what you've got in your bag. I like using Mist spray, throat spray, essential oils, EVOHE Rose Hand Cream etc.



Step 6

Take some more time just to sit. Eyes closed. Enjoying the sensory experience from Step 5. Give yourself a hug.



Step 7

Before leaving the cubicle, stand still at the door with your eyes closed. Reignite what really matters to you. Try a 'power pose' - wide stance, arms up and heart forward. Walk out that door knowing that you are taking this empowered energy with you into the world and weaving it wherever you go next.



REMEMBER

One day things will get better, until then here is a drawing of a cat

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