

A 60-Second Practice to Widen Your Perspective

A gentle note before we begin

If you're feeling stressed, overwhelmed, just know nothing is wrong with you.

Stress has a way of narrowing our inner and outer vision.
Urgency takes over. Everything feels absolute.

This short guide is here to help you come back to a wider view — not by thinking harder, but by settling the nervous system first. You can return to this practice anytime.

1. *Softening the gaze*

Let your eyes relax. Notice what's to the left and right without moving your head.



1. Soften Your Gaze

2. *Lengthen the exhale*

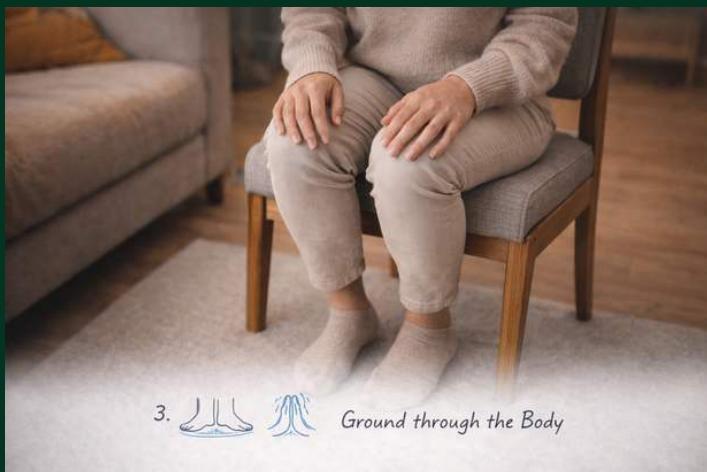
Inhale for 4. Exhale slowly for 6–8. Longer exhales signal safety.



2. Lengthen the Exhale
4 Inhale 6-8 Exhale

3. Ground through the body

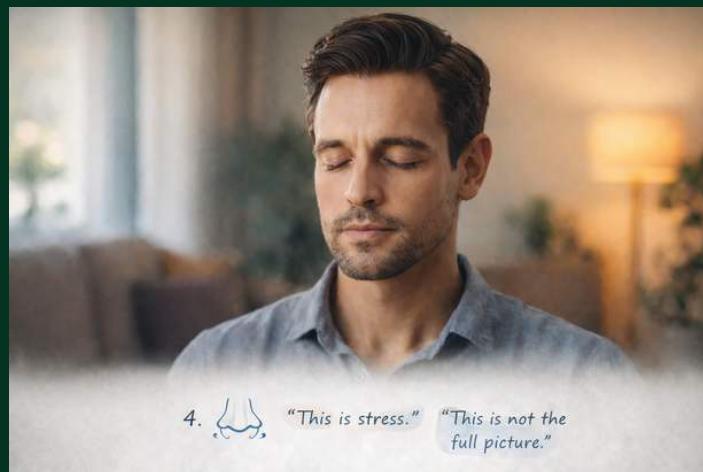
Feel your feet on the floor or gently press your palms together.



3. Ground through the Body

4. Name the state.

Silently say: "This is stress (or fear). This is not the full picture."



5. Ask a wider question:

Ask yourself: What am I not seeing yet? What would feel 5% more spacious right now?



*Next time try these
steps and see the
difference.*

If you need any further support,
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