

# 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. *Soften the gaze*

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



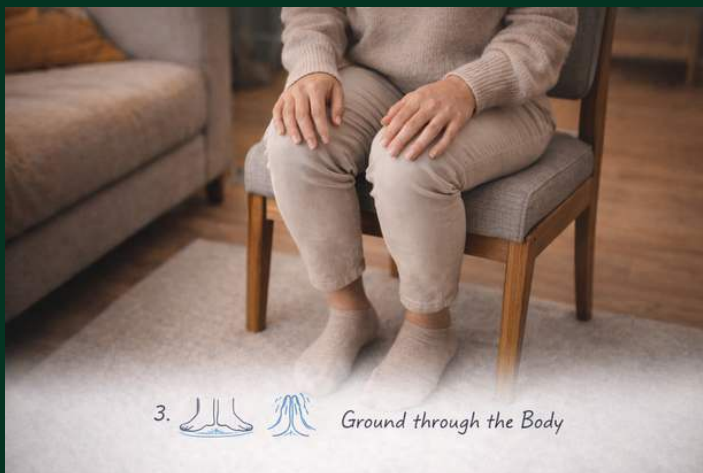
## 2. *Lengthen the exhale*

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



### *3. Ground through the body*

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



### *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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