

## TRY THIS WHEN YOU ARE SAT AT YOUR DESK:

GRAB A GLASS OF WATER

BREATHE DOWN INTO YOUR BELLY AND NOTICE THE SENSATION OF THE BREATH AND THE MUSCLES INVOLVED.

NOW NOTICE THE WATER LIKE YOU ARE AN ALIEN WHO HAS NEVER SEEN WATER BEFORE, NOTICE ITS COLOUR (OR LACK OF IT), THE WAY THE LIGHT PLAYS ON IT IN THE GLASS, FEEL THE WEIGHT OF THE GLASS IN YOUR HAND, ITS TEXTURE AND TEMPERATURE.

NOW TAKE A SIP OF THE WATER AND HOLD IT IN YOUR MOUTH, NOTICING WHAT IT TASTES LIKE, WHAT IT FEELS LIKE AGAINST THE DIFFERENT PARTS OF YOUR TEETH, CHEEKS, TONGUE AND THROAT. NOTICE HOW ITS TEMPERATURE CHANGES.

NOW SWALLOW AND NOTICE WHAT IT FEELS LIKE AS IT TRAVELS DOWN THE THROAT AND HOW IT LEAVES YOUR MOUTH FEELING AFTERWARDS.

REPEAT AS MANY TIMES AS YOU NEED.

DURING THIS EXERCISE YOUR MIND WILL NATURALLY WANDER, WE ARE USED TO DRINKING WITHOUT PAYING ANY ATTENTION TO IT AT ALL SO IT WILL FEEL TOTALLY STRANGE TO DO THIS. WHEN THIS HAPPENS JUST GENTLY REFOCUS YOUR MIND ON THE WATER.