

Getting the *Weather Out*

After an afternoon of managing somebody's storm. The encounter is over, and you're still sitting in the charge of it. Five minutes, somewhere no one needs you.

01

ABOUT A MINUTE

Find the one spot

Scan head to toe, once. Jaw, throat, shoulders, chest, stomach. Wherever the afternoon lodged. Pick one.

02

TEN BREATHS

Ten long exhales

In through the nose, out slow, the exhale a beat longer than the inhale. Aim it at the one spot.

03

SIXTY SECONDS

Shake

Stand. Hands first, loose, like drying them after washing. Let it climb: arms, shoulders, legs. Seated works too.

04

ABOUT A MINUTE

Stop and notice

Notice what's different, even if it's small. Don't reach for anything else yet.

05

NOW

Water

One glass. An ordinary thing, done on purpose, to close the afternoon.

Light-headed? Back to ordinary breathing. Worse than before? Stop, and bring this one to a professional.