



FOR YOU



3 minutes micro-practice

UNLOAD

YOUR EMOTIONS



Get a pen and paper.

Write, without thinking
“Today I feel...”



Let it all out.
Emotions, tensions, even jumbled words.



When you feel that you are done,
read the sentence.
The most compelling.

Then, breath in.
Deeply.



Now RIPPED or BURN the paper.
Symbolically.

Breath out.
Unload.

Not to solve anything.
**JUST TO ACKNOWLEDGE
AND LET GO.**