

Take off your shoes, and feel the ground with your feet.

Look for a rough surface, touch it. What does it remind you of.

Take three deep breaths.

Walk in the direction of the sun for a few blocks.

Plant a flower.

Is there a nearby stream? Can you visit it?

Ask a passerby for a nearby park. Go there.

Make a drawing, inspired by something around you. Send it to a friend.