

Who is close to you, but you haven't spoken to in a while. Contact them.

Think about a strong emotion from the past week. What happened? How do you feel about it now?

Name something that you are grateful for. How so?

Notice something you have not touched in a long time. Pick it up. Where did it come from?

What is the thing around you, which has been there the longest?

Walk around the space you are in. Take in some details. How did they get there? Where did they come from?

Take five deep breaths.

Can you remember a time you felt lonely? What did you do to resolve it? Can you talk about it?