

# PK PREP

## POSITIVITY PREP

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Prepare for the day in five minutes or less

**By Maggie Richards**

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Try these simple neurobiological tips as you wait for your computer to turn on and start your day feeling present, positive and peaceful.

### 1. GROUNDYOURSELF

Take some moments to sense your feet on the ground, your bottom on the seat and your back against the chair. Just notice the sensations of contact without trying to change anything, and watch yourself gently relax.

### 2. BEFRIENDYOUR BREATH

As you begin to feel more in your body, gently check in with your breath. Feel the natural rhythm of it moving your torso from within. This has a near-instant calming effect on the brain.

### 3. GIVETHANKS

Think of at least one thing you're grateful for right now, this morning. Be as specific as you can. Now notice how the thought makes you feel and where you feel that good feeling in your body.

Every time you practice these three exercises you're being kind to yourself, and helping to prepare yourself for the day.

[www.maggierichards.co.uk](http://www.maggierichards.co.uk)

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