



Mountain Rising

- 1 Stand straight with your feet apart, arms by your sides. Feel the bottoms of your feet planted on the floor. Keep your eyes open.
- 2 Imagine you are a mountain rising up from the ocean. Your head is the top of the mountain.
- 3 Raise your arms, fingers apart. This lifts your mountain higher. Hold this position for a moment, solid as a mountain.
- 4 Notice if you have any thoughts or worries. See them as tiny waves splashing the mountain.



- 5 Breathe in and breathe out to blow the waves far out to sea. Watch the water become calm and still around you.
- 6 Lower your arms, take a **mindful breath** and relax. You can stay strong as a mountain all day.

Tip: You can also try this activity seated.