

# Nature break EXAMPLE

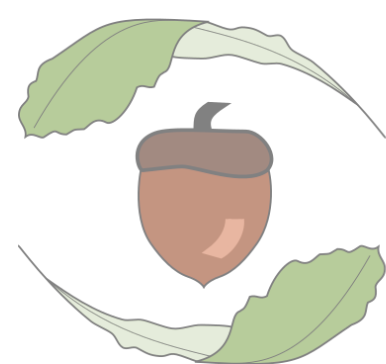


When I am:

biting my nails/rubbing my temples/clenching  
my teeth/jiggling my legs/tapping my  
fingers/spiralling about bad news

I need to:

Get outside/breathe in the fresh air/look into  
the distance/feel my feet grounding into the  
earth/make a hot or cold drink/stretch my  
neck, shoulders and wrists



**Under the Oak Training**  

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**Workshops & Mentoring**