

Well-Being Practices for Trial Superpowers

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5-4-3-2-1

Grounding Practice

Ground yourself by bringing your attention to your senses and identifying 5 things you can see
4 things you can touch
3 things you can hear
2 things you can smell, and
1 thing you can taste.

[Calm Guide to 5-4-3-2-1 Grounding Practices](#)



Body Scan

A [body scan](#) is a mindfulness exercise that involves mentally scanning your body from head to toe. As you move your attention through your body, notice any areas of tightness and invite those places to ease and relax.



MeditOcean

Reduce stress and center your mind with a MeditOcean

[Monterey Aquarium Guided Mindfulness Meditations](#)



4:8 Breathing

Extend the exhale with 4:8 breathing. Inhale for 4 counts, exhale for 8 counts.

(If 8 counts feels too long, you can adjust the length of your counts to be comfortable, or reduce count to 3:6 or 2:4.)



Box Breathing

Box breathing: inhale for 4, hold for 4, exhale for 4, hold for 4.

[A 1 minute video demonstration of Box Breathing](#)



Write it down

Journaling can help you achieve your goals, increase your emotional intelligence, boost your confidence, and even heal from difficult experiences.

[32 Journal Prompts for Self-Reflection and Self-Care](#)



Mindful Eating

Select a small piece of food. Notice the appearance, color, smell, texture. Take small bites, chew 20-30 times. Notice temperature, texture, flavor. Pay attention to sensations.



Walk

Walk for 2-20 minutes, inside or outside. If outside, notice the trees and plants and sky and your surroundings. Notice the sensation of your feet touching and rolling across the ground with each step.

[Why Going Outside Is Good For Your Health](#)



Chair Stretches

1. Overhead stretch: Extend one arm overhead, reaching upward, then toward the opposite side (right arm reaches up and toward left). Alternate sides.
2. Torso rotation: place one hand on the armrest or back of your chair, slowly rotate torso toward that hand.
3. Shrug shoulders: raise shoulders toward the ears, release and repeat.
4. Neck stretches: Tilt one ear toward the same side shoulder, repeat other side. Look right and left, repeat. Draw a circle with the tip of the nose.

[Stretch at Your Desk from Alexa Hanchaw](#)
[Stretches to Do at Work Every Day, from Healthline](#)