

BE STILL

Endorsed by our friend and Clinical Psychologist Dr Gavin Brown.



Take off **YOUR SHOES AND FEEL THE EARTH**

WRITE OR DRAW Anything



MAKE A cup of tea or coffee

Rather than just drinking the drink - slow down, smell the aroma, notice the warmth of the cup or the texture of the drink. Take a sip, really taste it.

We can hurry our eating and drinking; a human rhythm we robot multiple times a day. But taking a moment to slow down, notice, appreciate and savour, can be a valuable tool in cultivating a still heart and mind.

Meditate **ON SCRIPTURE**

"Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth." (Psalms 46:10) is a great place to begin.

In the same way as slowing ourselves to enjoy a cup of tea (see above), finding a small section of scripture and really meditating on it can give us space to receive a new perspective.

