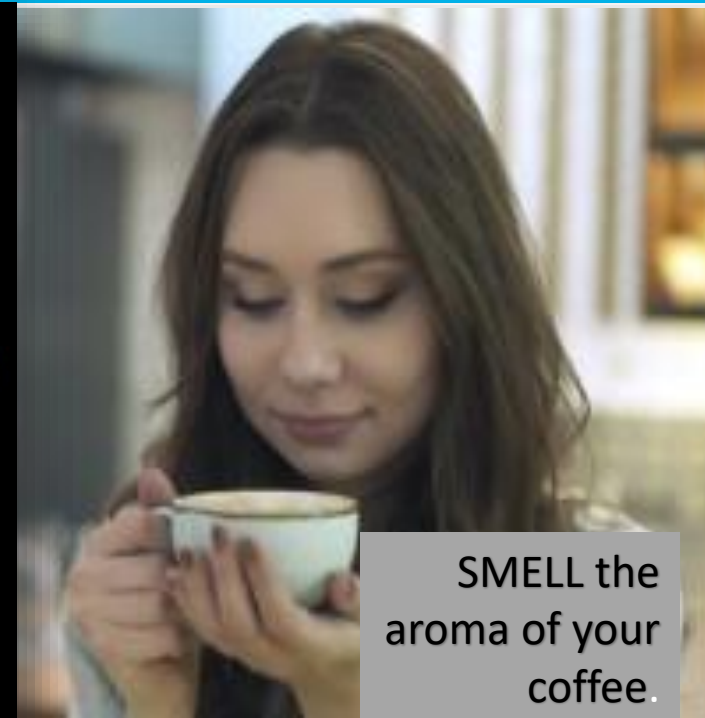


# Explore your five senses



**SIGHT** – take a break and walk over to a window and stretch.



**SMELL** the aroma of your coffee.



**TASTE** – SLOWLY eat a piece of chocolate or a raisin. Enjoy the process.



**TOUCH** – and squeeze a stress ball.