

Calm in Motion

Hand Sanitizing



As you approach the hand sanitizer, remember that this is an opportunity to practice mindfulness.

If you would like, acknowledge the care you have just given or are about to give.

If possible be silent and focus on your own personal experience.

With awareness, apply hand sanitizer to your hands.

Feel the sensation and temperature of the sanitizing gel moving between your hands.

Notice the very simple things that are happening right now:

- ✚ Breathing
- ✚ Sounds
- ✚ Physical Sensations
- ✚ The Smell of the Sanitizer

If any thoughts come to mind, acknowledge them, and gently come back to the feeling of the sanitizing gel moving between your hands.

When complete, notice any sensation in your hands.

Bring appreciation to this simple opportunity to slow down and relax.