

MOVE ON

Alarm goes, but it is so dark
outside,
Uch, press the snooze for 10 and
get up then,
But I'm so cosy warm - another
10 then.
Up, up, just get out a bed,
You know if you don't you'll be in
your head.
Ah the dread.

ELEVATE



MOVE ON

You need to get the train, you
don't want to be late,
Missed the train - I hate you
brain.

Why couldn't I just get up when I
was supposed to?

Oh no the anxiety sets in - I hate
being late.

Deep breaths and meditate.

ELEVATE



MOVE ON

Digging through my bag - oh, no earphones, I'll need to do a silent meditation - deep breaths and focus.

The trains are noisy and busy,
You can do this! Just breathe.
I'm going to be late - no you're not, you're fine - panic sets in
I hate being late.

ELEVATE



MOVE ON

Get yourself grounded, deep
breaths n aw' that
Do some affirmations in your
head...
I AM CALM!!!

-Yvonne

ELEVATE

