



**Personal Wellbeing and Self-Care**  
VMware - Summer 2021

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**A 2-MINUTE exercise that you can practice in this first week at any moment of the day.**

Take these steps in your mind:

Stop in your tracks

Get still

Orient yourself to your mind and body

Take three deep breaths in and out

Feel grateful for something

Track the mind; what's going on for me?

Track the body; what sensations do I have and where exactly?

Track your emotions; how do I feel?