Hello, my name is (name), and I am guiding this short mindful stim audio, version two.

Before finding a quiet, comfortable spot where you won’t be interrupted, find yourself an object you like the look and feel of.

Now, find a comfortable, quiet spot in your house or office, and make sure to sit or lay in a position you are most comfortable in.

If you are comfortable, I will now guide you through the mindful stimming session, where I will ask you to consider things about your object.

Consider your object, and keeping your eyes open, investigate how it looks….it’s shape….it’s colour….note what you like about how it looks……

Hold your object up to the light…..does it reflect light…..does it absorb it….

Think about what you can do with your object…does it have moving parts….can it spin, even if it’s not designed to…..

Can it change shape….can it make a soothing, pleasing sound by design….or if you gently tap it with your nail….

Close your eyes…..note the weight of your object….notes how it feels in your hand…is it a comforting presence….

Does it have a pleasant smell…does it feel nice against the skin on your hand, your arm, or your face…does it have a soothing roughness or smoothness to it….

And now just find something about it you find the most enjoyable and sit quietly for a minute…

Very slowly come back to the room, take a gentle breath in….and out.

Remember the calm feeling your object gave you, and think about carrying this object with you so that you might stim with it when you need to ground yourself or help calm you.

Thank you for listening.