4 ELEMENTS

WATER

Make some saliva (water) in your mouth ... focus

The third element is WATER. Make some saliva in your mouth.
Imagine sucking a lemon. Notice your mouth begin to water.
Practice making more saliva (water) in your mouth.
Another way is to drink some water. When you have saliva (water) in your mouth
your body can begin to relax and calm down. Notice that happening now.