



## Clyde

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“You know what I’m most grateful for? This may sound strange to you. But I am grateful for a good sigh. I like to sigh. Because sighing means contentment. It is the ability to lean into your day, even when it has been hard or challenging, and stop at the end of the day and let out a sigh. The sigh says – ‘It was hard but I am so grateful to be here and I’m ok.’ The sigh resets everything in my body so that I drop things that I may be anxious about. Or I let past hurts go. It is setting down the load you carry just for a brief moment. And a really great sigh is when you set it down and realize you don’t need to pick it up again. So take a moment for me and breath in deeply and hold it for a second, and then let it out in a nice long sigh. Just let it go. You will also feel grateful that you did. You’re welcome.”



**SPRING FARM CARES**  
Animal and Nature Sanctuary