



AN INTERNAL MEMO FROM THE NATIONAL SPARKS DEPARTMENT, OFFICE OF HUMANS' RESOURCES

Look At Some Water

Humans have an innate connection to water.

Staring at a body of water can give you the elemental peace
you didn't even know you needed.

Seek out:

lakes,
rivers,
puddles,
even just looking at
a running faucet



will make you feel better.

The sound of your
own pee
sprinkling into toilet water



can be surprisingly



tranquil.